


# Roasted Fish Crispy Slaw Wrap

Meal Components: Meat-Dark Green Vegetable-Red/Orange Vegetable-Other Vegetable-Grains

Sandwiches F-13r

Ingredients	50 Servings		100 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
*Fresh red cabbage, shredded	3 lb 2 oz	1 gal 1 cup	6 lb 4 oz	2 gal 2 cups	1. Combine red cabbage, white cabbage, carrots, bok choy, cilantro, and balsamic dressing to make slaw. 2. Critical Control Point: Cool to 41 °F or lower within 4 hours. Cover and refrigerate until ready to serve.
*Fresh white cabbage, shredded	3 lb 2 oz	3 qt 1 cup	6 lb 4 oz	1 gal 2 ½ qt	
*Fresh carrots, shredded	3 lb 2 oz	2 qt 2 cups	6 lb 4 oz	1 gal 1 qt	
*Fresh bok choy, julienne sliced	1 lb 8 oz	1 qt 1 cup	3 lb	2 qt 2 cups	
Fresh cilantro, chopped		1 cup	3 oz	2 cups	
Light Balsamic vinaigrette dressing		1 qt ¾ cup		2 qt 1 ½ cups	
Frozen Tilapia filets, thawed (4 oz portions)	12 lb 8 oz	50 pieces	25 lb	100 pieces	3. Place Tilapia portions on sheet pan (18" x 26" x 1") lined with parchment paper and lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans. 4. Brush oil on Tilapia and sprinkle with salt-free seasoning.
Extra virgin olive oil		½ cup		1 cup	
Salt-free chili-lime seasoning blend	2 oz	½ cup 2 Tbsp	4 oz	1 ¼ cups	
					5. Roast: Conventional oven: 375 °F for 12 minutes Convection oven: 375 °F for 9 minutes  When done, fish will flake easily with a fork.  Critical Control Point: Heat to 145 °F or higher for at least 15 seconds.  6. Critical Control Point: Hold at 135 °F or higher.
*Fresh romaine lettuce, julienne sliced	1 lb 10 oz	3 qt ½ cup	3 lb 4 oz	1 gal 2 ¼ qt	7. Place ¼ cup lettuce on tortilla. Cut fish in half and place both pieces on top of lettuce. Add 8 fl oz spoodle (1 cup) slaw and one slice of avocado. Squeeze lime on top of filling. Roll in the form of a burrito and seal.
Whole-grain tortillas, 8" (1.7 oz each)		50		100	

 The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

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Ingredients	50 Servings		100 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
*Fresh avocados, sliced ¼"	15 oz	50 slices	1 lb 14 oz	100 slices	
*Fresh limes, cut into quarters	10 oz	50 quarters (about 14 limes)	1 lb 4 oz	100 quarters (about 28 limes)	
					8. Cut diagonally in half and serve.
					9. Portion 1 wrap (two halves).

## Notes

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.


Serving	Yield	Volume
1 wrap (two halves) provides: 2 ¾ oz equivalent meat, ¼ cup dark green vegetable, ¼ cup red/orange vegetable, ⅞ cup other vegetable, and 1 ½ oz equivalent grains.	50 Servings: about 31 lb 8 oz	50 Servings: about 4 gallons 50 wraps
½ wrap (one half) provides: 1 ¼ oz equivalent meat, ⅛ cup dark green vegetable, ⅛ cup red/orange vegetable, ⅜ cup other vegetable, and ¾ oz equivalent grains.	100 Servings: about 63 lb	100 Servings: about 8 gallons 100 wraps

## Marketing Guide

Food as Purchased for	50 servings	100 servings
Red Cabbage	3 lb 12 oz	7 lb 8 oz
White Cabbage	3 lb 8 oz	7 lb
Carrots	3 lb 12oz	7 lb 8 oz
Bok choy	2 lb	4 lb
Romaine Lettuce	2 lb 8 oz	5 lb
Avocados	1 lb 8 oz	3 lb
Limes	14	28

## Nutrients Per Serving (1 wrap)

Calories	341.64	Saturated Fat	1.50 g	Iron	2.55 mg
Protein	28.83 g	Cholesterol	50.42 mg	Calcium	69.44 mg
Carbohydrate	36.67 g	Vitamin A	6406.03 IU (349.68 RAE)	Sodium	540.54 mg
Total fat	10.10 g	Vitamin C	46.84 mg	Dietary fiber	5.74 g

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