Roasted Fish Crispy Slaw Wrap

LIBERTY MIDDLE SCHOOL
Orlando, Florida

Our Story

There are many benefits to living in Orlando, Florida. Liberty Middle School realized this when they learned a local chef from Universal Studios would be a member on their recipe challenge team. At the initial meeting, the chef discussed the importance of healthy food choices and introduced new ingredients, including bok choy which was used in their recipe creation.

The recipe also used whole-wheat tortillas, meeting the need to offer more whole grains in kids' diets. With the school's kitchen staff, the recipe challenge team developed the Roasted Fish Crispy Slaw Wrap. The team is ecstatic to have their recipe featured in this cookbook and is sure that other children will enjoy this crunchy, tasty delight!

School Team Members

SCHOOL NUTRITION PROFESSIONAL: Sharon Springer
CHEF: Ed Colleran (Executive Sous Chef, Universal Studios)
COMMUNITY MEMBER: Sarah Thornquest (Physical Education Teacher)
STUDENTS: Joshua A., Tyler W., Kimberly A., Shalima D., and Priscilla R.

Dark Green and Orange Vegetables

A combination of colors and textures that overflows with fresh vegetables, spicy fish, and a burst of citrus, all contained in a whole-wheat tortilla, with fresh avocado.

Roasted Fish Crispy Slaw Wrap

Ingredients

2 ½ cups Fresh red cabbage, shredded

2 cups Fresh white cabbage, shredded

1 ½ cups Fresh carrots, peeled, shredded

1 cup Fresh bok choy, julienne cut "shoestring strips" ⅛"

2 Tbsp Fresh cilantro, chopped

¾ cup Low-fat balsamic vinaigrette dressing

1 Tbsp Salt-free chili-lime seasoning blend

1 Tbsp Extra virgin olive oil

6 Tilapia fish filets, raw, 4 oz each

1 ½ cup Fresh romaine lettuce, julienne cut "shoestring strips" ⅛"

6 Whole-wheat tortillas, 8"

6 slices Fresh avocado, peeled, pitted, sliced

6 quarters Fresh limes, quartered

Preparation Time: 50 minutes
Cooking Time: 12 minutes
Makes six wraps

Directions

1. Preheat oven to 375 °F.

2. In a large mixing bowl combine red and white cabbages, carrots, bok choy, cilantro, and balsamic dressing to make the slaw. Cover and refrigerate for at least 1 hour.

3. Place fish filets on a baking sheet lined with parchment paper sprayed with nonstick cooking spray. Brush fish with olive oil and sprinkle with salt-free seasoning blend. Roast uncovered at 375 °F for 12 minutes or until internal temperature reaches 145 °F or higher and fish flakes with a fork. Use a food thermometer to check the internal temperature.

4. Remove fish from oven.

5. To assemble wrap: Place ¼ cup lettuce on tortilla. Cut fish in half and place both pieces on top of lettuce. Add 1 cup cabbage slaw and a slice of avocado. Squeeze lime on top of mixture. Roll in the form of a burrito. Cut diagonally. Serve immediately.

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.

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.

Nutrients Per Serving (1 wrap): Calories **342,** Protein **29 g,** Carbohydrate **37 g,** Dietary Fiber **6 g,** Total Fat **10 g,** Saturated Fat **2 g,** Cholesterol **50 mg,** Vitamin A **6406 IU (350 RAE),** Vitamin C **47 mg,** Iron **3 mg,** Calcium **69 mg,** Sodium **541 mg**