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

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 in Orlando would be a member on the recipe challenge team. At the initial meeting with the students, the chef used this opportunity to discuss the importance of making healthy food choices. As a focus of one of his lessons, he introduced the students to new ingredients, including bok choy which was used in their recipe submission. The recipe also used whole-wheat tortilla wraps, meeting the need to integrate more whole grains into kids' diets. Together with the school's kitchen staff, the recipe team helped to develop Roasted Fish Crispy Slaw Wrap.

The recipe was entered into the contest under the Vegetable category and was selected as one of the top 15 recipes in the contest. The excitement leading up to their final contest placement was uncontrollable with the judging day being May 5, "Cinco de Mayo." What a great day for a celebration! The team is ecstatic to have their recipe featured in this cookbook and is sure that other students 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.

Roasted Fish Crispy Slaw Wrap

Meal Components: Meat-Dark Green Vegetable-Red/Orange Vegetable–Other Vegetable-Grains **Sandwiches F-13r**

Ingredients	25 Servings		50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
*Fresh red cabbage, shredded	1 lb 9 oz	2 qt ½ cup	3 lb 2 oz	1 gal 1 cup	1. Combine red cabbage, white cabbage, carrots, bok choy, cilantro, and balsamic dressing to make slaw.
*Fresh white cabbage, shredded	1 lb 9 oz	1 qt 2 ½ cups	3 lb 2 oz	3 qt 1 cup	2. Critical Control Point: Cool to 40 °F or lower within 4 hours. Cover and refrigerate until ready to serve.
*Fresh carrots, shredded	1 lb 9 oz	1 qt 1 cup	3 lb 2 oz	2 qt 2 cups	
*Fresh bok choy, julienne sliced	12 oz	2 ½ cups	1 lb 8 oz	1 qt 1 cup	
Fresh cilantro, chopped		½ cup		1 cup	
Light Balsamic vinaigrette dressing		2 ⅓ cups		1 qt ⅔ cup	
Frozen Tilapia filets, thawed (4 oz portions)	6 lb 4 oz	25 pieces	12 lb 8 oz	50 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 25 servings, use 1 pan. For 50 servings, use 2 pans.
Extra virgin olive oil		¼ cup		½ cup	4. Brush oil on Tilapia and sprinkle with salt-free seasoning.
Salt-free chili-lime seasoning blend		¼ cup 1 Tbsp	2 oz	½ cup 2 Tbsp	
					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	13 oz	1 qt 2 ¼ cups	1 lb 10 oz	3 qt ½ cup	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)		25		50	

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

Roasted Fish Crispy Slaw Wrap

Meal Components: Meat-Dark Green Vegetable-Red/Orange Vegetable–Other Vegetable-Grains **Sandwiches F-13r**

Ingredients	25 Servings		50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
*Fresh avocados, sliced ¼"	7 ½ oz	25 slices	15 oz	50 slices	
*Fresh limes, cut into quarters	5 oz	25 quarters (about 7 limes)	10 oz	50 quarters (about 14 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. 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.	25 Servings: about 16 lb	25 Servings: about 2 gallons 25 wraps
	50 Servings: about 31 lb 8 oz	50 Servings: about 4 gallons 50 wraps

Marketing Guide

Food as Purchased for	25 servings	50 servings
Red Cabbage	1 lb 14 oz	3 lb 12 oz
White Cabbage	1 lb 12 oz	3 lb 8 oz
Carrots	1 lb 14 oz	3 lb 12 oz
Bok choy	1 lb	2 lb
Romaine Lettuce	1 lb 4 oz	2 lb 8 oz
Avocadoes	12 oz	1 lb 8 oz
Limes	7 limes	14 limes

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

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