

Roasted Fish Crispy Slaw Wrap

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Salt-free chili-lime seasoning	2 oz	½ cup 1Tbsp	3 ¾ oz	1 cup 2 Tbsp	Preheat oven to 375°F: Sprinkle seasoning and olive oil on fish, place on large sheet pan (18"x26") with pan liner.
Olive oil	8 oz	1 cup	16 oz	2 cups	For 50 servings, use 3 pans For 100 servings, use 6 pans Bake uncovered at 375°F: Conventional oven for 12 minutes or until internal temperature reaches 145°F Convection oven for 9 minutes or until internal temperature reaches 145 °F CCP: Hold at 135° F degrees or higher for service.
Thawed Tilapia, uncooked, filet sliced (4 oz portions)	12 lbs 8 oz	50 pieces	25 lbs	100 pieces	
Fresh cabbage, red, shredded	3 lb 2 oz	1 gallon 1 cup	6 lb 4 oz	2 gallons 2 cups	
Fresh cabbage, white, shredded	3 lb 2 oz	1 gallon	6 lb 4 oz	2 gallons	While fish is in oven, in a large bowl, combine red and white cabbage, carrots, bok choy, cilantro, and balsamic dressing to make slaw. Set aside.
Fresh carrots, shredded	3 lb 2 oz	2 quarts 2 cups	6 lb 4 oz	1 gallon 1 quart	CCP: Hold at 41°F degrees for service.
Fresh bok choy, julienne	1 lb 8 oz	2 quarts	3 lb	1 gallon	
Fresh cilantro, chopped	1 ½ oz	1 cup	3 oz	2 cup	
Light Balsamic vinaigrette dressing	2 lb 6 oz	1 quart 2/3 cup	4 lb 12 oz	2 quarts 1 1/3 cup	Remove fish from oven.
Tortillas 8", whole grain (1.7 oz)	5 lb 8 oz	50 pieces	11 lb	100 pieces	Put ¼ cup lettuce on tortilla.
Fresh romaine lettuce, julienne sliced	2 lb	3 quarts ½ cup	3 lb 8 oz	1 gallon 3 quarts	Cut fish in half then place both pieces on top of lettuce. Put 1 cup of cabbage slaw on top of fish. Place a slice of avocado on top of slaw mixture
Fresh avocado, sliced ¼"	1 lb	50 slices	2 lb	100 slices	
Fresh limes, cut into quarters	10 oz	50 quarters (approx. 14 limes)	1 lb 4 oz	100 quarters (approx. 21 limes)	Squeeze lime on top of mixture. Roll the tortilla "burrito-style" until all the contents cannot be seen. Cut diagonally in half and serve.
					Portion 1 wrap, sliced in two, per person.

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Notes:

Marketing Guide for Selected Items		
Food as Purchased for	50 Servings	100 Servings

Serving:	Yield:	Volume:
1 wrap provides 2 ½ oz equivalent meat/meat alternate, 1/8 cup of dark green vegetable, ¼ cup of red/orange vegetable, 1/8 cup of other vegetable and 1 3/8 cup vegetables, and 1 ¾ servings of grains/bread.	<p>50 Servings: 31 ½ lbs</p> <p>100 Servings: 63 lbs</p>	<p>50 Servings: 50 wraps</p> <p>100 Servings: 100 wraps</p>