

Tilapia Tacos with Chili Citrus Salsa and Slaw (17443.1)

Fresh fruit flavors compliment the fish in the simple recipe

Portion: 2 ea

Calories (kcal)	Protein (g)	Carbohydrate (g)	Total Fat (g)	Sat Fat (g)	Cholesterol (mg)	Sodium (mg)	Dietary Fiber (g)
406.8	36	59.9	5.1	1.4	64.6	194.7	11.2

Step	Ingredients		12 Servings	24 Servings	48 Servings
1	Tilapia Fillet, 3-5 oz	EP	12 ea	24 ea	48 ea
	Kosher Salt	AP	1/2 tsp	1 tsp	2 tsp
	Ground Black Pepper	AP	1/2 tsp	1 tsp	2 tsp
	Chili Powder	AP	1 tsp	2 tsp	1 tbsp, 1 tsp
2	Diced Tomatoes, Fresh	EP	1 cup	2 cup	1 qt
	Peeled Orange, Fresh, Sections	EP	24 ea	48 ea	96 ea
	Lemon, Peeled, Chopped	EP	8 oz	1 lb	2 lb
	Cilantro, Fresh, Chopped	EP	1/4 cup	1/2 cup	1 cup
	Jalapeno Peppers, Fresh, Minced	EP	1 ea	2 ea	4 ea
3	Corn Tortilla, 6"	AP	24 ea	48 ea	96 ea
	Shredded Green Cabbage, Fresh	EP	3 cup	1 qt, 2 cup	3 qt
	Cilantro Sprigs, Fresh	EP	12 ea	24 ea	48 ea

Step Method

- 1 Refer to HACCP Plan Form HFS # 001: Prepared Hot for Hot Service.
Pre-heat an oven to 350F. Season the fish with chili powder, salt and pepper. Place on a sheet pan lined with parchment paper. Bake fish in the oven for approximately 8-10 minutes until opaque and cooked through to 165F.
- 2 In a bowl, mix the chopped lemon segments, orange segments, minced jalapeno, and chopped cilantro. (Reserve the citrus juice to toss with the cabbage.) Add tomatoes. Set aside until ready for use.
- 3 The cabbage should be cut very thinly, tossed with some of the citrus juice and set aside until ready for use. Wrap the tortillas in foil and warm in the oven for approximately 3 minutes. Build each taco with 2 Tbsp salsa, 2 Tbsp cabbage, a sprig of cilantro, and 2 oz fish.

Portion size: 2 tacos.

Hold Hot for Hot Service

Recipe Notes:

FIT, Ocean Friendly

Cost per Serving: 2.01

SRP: 4.79 (42%) to 6.09 (33%)

Fresh Citrus Agua Fresca (26880.2)

Made with fresh lemon juice, grapefruit juice and orange juice

Portion: 8 fl oz

Calories (kcal)	Protein (g)	Carbohydrate (g)	Total Fat (g)	Sat Fat (g)	Cholesterol (mg)	Sodium (mg)	Dietary Fiber (g)
29.3	0.4	7.2	0.1	0	0	6.8	0.3

Step	Ingredients		1 Servings	12 Servings	24 Servings
1	Lemon Juice, Fresh	AP	1-1/2 tsp	1/3 cup, 2 tsp	3/4 cup
	Cool Water	AP	2/3 cup 2-1/2 tsp	2 qt, 1/2 cup, 2 tbsp	1 gal, 1-1/4 cup
	Half Lemon Slice	EP	1 ea	12 ea	24 ea
	Grapefruit Juice, Canned	AP	2 tbsp	1-1/2 cup	3 cup
	Orange Juice, 100%, 46 oz	AP	2 tbsp	1-1/2 cup	3 cup

Step Method

- 1 Refer to HACCP Plan Form HFS# 004: Prepared Cold for Cold Service.
Combine lemon juice, grapefruit juice, orange juice and water. Chill completely. Portion into 8 oz cups. Add 1 thin slice of lemon. Cover with lid and hold cups on ice or under refrigeration.
Portion size: 8 fl oz.
Hold cold for cold service.

Recipe Notes:

Vegetarian, Vegan

Cost per Serving: 0.13

SRP: 0.31 (42%) to 0.39 (33%)

Shaved Fennel Salad with Oranges, Carrots, and Pine Nuts (22996)

Crisp fennel and carrots tossed with sweet oranges

Portion: 1/2 cup

Calories (kcal)	Protein (g)	Carbohydrate (g)	Total Fat (g)	Sat Fat (g)	Cholesterol (mg)	Sodium (mg)	Dietary Fiber (g)
42.9	0.8	6.3	2	0.2+	0	80	1.8

+ Indicates partial nutritional value

Step	Ingredients		1 Servings	12 Servings	24 Servings
1	Shredded Carrots, Fresh	AP	1-1/4 oz	15 oz	1 lb, 14 oz
	Orange Juice, 100%, 46 oz	AP	1/2 tsp	1-1/2 tbsp	3 tbsp
	Extra Virgin Olive Oil	AP	1/4 tsp	1 tbsp	2 tbsp
	Cilantro, Fresh, Chopped	EP	1/2 tsp	1-1/2 tbsp	3 tbsp
	Fennel, Fresh	EP	1/2 oz	5 oz	10 oz
	Pine Nuts	AP	1/2 tsp	1-1/2 tbsp	3 tbsp
	Peeled Orange, Fresh, Sections	EP	1/2 oz	6 oz	12 oz
	Kosher Salt	AP	<1/8 tsp	1/4 tsp	1/2 tsp

Step	Method
1	Refer to HACCP Plan Form HFS # 001: Prepare Cold for Cold Service. Shave fennel. Toast pine nuts and reserve for garnish. Just before service, combine all ingredients and garnish with pine nuts. This salad needs to be made fresh daily. Portion size: 1/2 cup. Hold cold for cold service.

Recipe Notes:

FIT, Vegan

This recipe contains tree nuts (pine nuts).

Cost per Serving: 0.39

SRP: 0.93 (42%) to 1.18 (33%)

Grapefruit and Avocado Salad with Balsamic Rosemary Grilled Chicken (13906.5)

Revision Date: May 19, 2011

Combination of tart grapefruit and creamy rich avocado with grilled balsamic chicken

Portion: 1 serving

Calories (kcal)	Protein (g)	Carbohydrate (g)	Total Fat (g)	Sat Fat (g)	Cholesterol (mg)	Sodium (mg)	Dietary Fiber (g)
294.4	27.7	30.8	7.7	1.5	70.4	214.1	4.4

Step	Ingredients		6 Servings	12 Servings	48 Servings
1	☞ Sub Recipe: Grilled Breast of Chicken (24749.1)		6 serving	12 serving	48 serving
2	Honey	AP	3 tbsp	6 tbsp	1-1/2 cup
	Lime Juice, Fresh	AP	3 tbsp	6 tbsp	1-1/2 cup
	Kosher Salt	AP	1/4 tsp	1/2 tsp	2 tsp
	Ground Black Pepper	AP	1/8 tsp	1/4 tsp	1 tsp
3	Romaine Lettuce, Chopped	EP	12 oz	1 lb, 8 oz	6 lb
	Radicchio, Ind Leaf	AP	3 oz	6 oz	1 lb, 8 oz
	Grapefruit, Fresh, Sectioned, Peeled	EP	1 lb, 2 oz	2 lb, 4 oz	9 lb
	Dried Cranberries	AP	9tbsp	1 cup, 2 tbsp	1 qt, 1/2 cup
	Avocado Slice, 1/4"	EP	4 oz	8 oz	2 lb
	Red Onions, Fresh, 1/4" Ring	EP	6 ea	12 ea	48 ea

Step	Method
1	<u>Prepare chicken</u> Refer to HACCP Plan Form HFS# 003: Prepared Hot, Chilled for Cold Service. Prepare chicken according to recipe. Chill. Slice thinly and set aside.
2	<u>Make dressing</u> Combine honey, lime, salt and pepper. Whisk with a wire whisk. Set aside.
3	<u>Assemble salad</u> Refer to HACCP Plan Form HFS #004: Prepared Cold for Cold Service. In a bowl, mix romaine and radicchio. Toss lettuce with salad dressing and cranberries and arrange on a platter. Grapefruit may be cut into filets or, after removing the skin from grapefruit, sliced into rounds and broken apart into triangle pieces. Arrange grapefruit filets on top of lettuce. Drizzle a little of the excess grapefruit juice over sliced avocado. Arrange avocado slice and onion ring on top of lettuce. Arrange grilled chicken on salad.

Portion size per serving: 2.5 oz lettuce mix, 3 oz grapefruit, 1/2 oz avocado, 1 ring onion, 1.5 T cranberries, 3 oz chicken, 1 T dressing.
Hold cold for cold service.

Recipe Notes:

FIT

Cost per Serving: 1.67
SRP: 3.98 (42%) to 5.06 (33%)