



## Jerk Fish Wrap

Jerk Fish Wrap is a taste of Jamaica with fresh fish, mango, and a hint of Jamaican spice!

### CACFP Adult Portion Crediting Information

1 wrap provides ½ cup vegetable (⅛ cup additional vegetable, ¼ cup dark green vegetable, ⅛ cup red/orange vegetable), ¼ cup fruit, 2 oz equivalent meat, and 1.5 oz equivalent grains.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS Recommend to prepare and cook in batches of 25 servings
	Weight	Measure	Weight	Measure	
					<b>1</b> Preheat oven: Conventional oven: 350 °F Convection oven: 350 °F
Jerk seasoning spice, no salt added		2 tsp		1 Tbsp 1 tsp	<b>2</b> Combine jerk seasoning spice, garlic powder, coriander, paprika, red pepper flakes, and salt in a large bowl. Stir well. Set aside for step 4.
Garlic powder		1 ½ tsp		1 Tbsp	
Ground coriander		1 Tbsp		2 Tbsp	
Ground paprika		1 ½ tsp		1 Tbsp	
Red pepper flakes		½ tsp		1 tsp	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Salt		1 ⅓ tsp		2 ⅔ tsp	
Frozen tilapia, thawed, cut into 25 pieces	3 lb 4 oz	25 pieces	6 lb 8 oz	50 pieces	<p><b>3</b> Place 25 tilapia portions on a 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.</p>
					<p><b>4</b> Sprinkle spices evenly over each piece of tilapia on the pan.</p>
					<p><b>5</b> Bake: Conventional oven: 350 °F for 8-10 minutes. Convection oven: 350 °F for 5-8 minutes.</p>
					<p><b>6</b> Critical Control Point: Heat to 155 °F for at least 15 seconds.</p>
					<p><b>7</b> Critical Control Point: Hold for hot service at 140 °F or higher.</p>
					<p><b>8</b> Set aside for step 13.</p>
*Fresh mango, diced	2 lb	1 qt 3 cups	4 lb	3 qt 2 cups	<p><b>9</b> Combine mangoes, pineapple, tomatoes, cilantro, jalapeños, lime juice, and sugar in a large bowl. Stir well. Pour about 1 gal 2 cups (6 lbs 14 oz) into a deep steam table pan (12 ¾" x 10 ½" x 6"). (Can prep ahead of time.) For 25 servings, use 1 pan. For 50 servings, use 2 pans. Refrigerate and set aside for step 14.</p>
Canned pineapple tidbits in 100% juice, drained	1 lb 14 oz	1 qt	3 lb 12 oz	2 qt	
*Fresh tomatoes, diced	2 lb 6 oz	1 qt 2 cups	4 lb 12 oz	3 qt	
*Fresh cilantro, diced	2 oz	½ cup	4 oz	1 cup	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Fresh jalapeños, diced	3 oz	¾ cup	6 oz	1 ½ cups	
Lime juice		½ cup		1 cup	<b>10</b> Critical Control Point: Cool to 40 °F or lower within 4 hours.
Sugar	4 oz	½ cup	8 oz	1 cup	
Whole-grain tortillas, 10" (2 oz each)	3 lb 2 oz	25 each	6 lb 4 oz	50 each	<b>11</b> To prevent tortillas from tearing when folding, steam for 3 minutes until warm. OR Place tortillas on a sheet pan lined with parchment paper. Shingle tortillas into two rows and cover with parchment paper. Place in a warmer at 135 °F for 10 minutes.
*Fresh baby spinach, chopped	1 lb 12 oz	1 gal 1 ½ qt	3 lb 8 oz	2 gal 3 qt	<b>12</b> Place about 1 oz (1 cup) spinach onto the center of each tortilla.
					<b>13</b> Place 1 ½ oz tilapia on top of spinach.
					<b>14</b> Using a No. 8 scoop, portion about 4 oz (½ cup) fruit mixture on top of tilapia portion.
					<b>15</b> Fold the bottom of the tortilla up and over the filling.
					<b>16</b> Fold in the outside edges so they nearly touch each other.
					<b>17</b> As you roll the burrito forward, use the tips of your fingers to tuck and press the sides into a tight cylinder.
					<b>18</b> Place 25 wraps seam side down on a sheet pan (18" x 26" x 1"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					<b>19</b> Critical Control Point: Hold for hot service at 140 °F or higher.
					<b>20</b> Cut each wrap on a diagonal.
					<b>21</b> Serve 1 wrap.



**NUTRITION INFORMATION**

For 1 wrap

<b>NUTRIENTS</b>	<b>AMOUNT</b>
<b>Calories</b>	<b>376</b>
<b>Total Fat</b>	<b>6 g</b>
Saturated Fat	3 g
Cholesterol	34 mg
<b>Sodium</b>	<b>391 mg</b>
<b>Total Carbohydrate</b>	<b>61 g</b>
Dietary Fiber	3 g
Total Sugars	16 g
Added Sugars included	N/A
<b>Protein</b>	<b>23 g</b>
Vitamin A	147 mcg RAE
Vitamin C	37 mg
Vitamin D	88 IU
Calcium	55 mg
Iron	2 mg
Potassium	448 mg
N/A=no data available.	

**SOURCE:**

CACFP Adult Portion Recipe Project

**MARKETING GUIDE**

<b>Food as Purchased for</b>	<b>25 Servings</b>	<b>50 Servings</b>
*Fresh mango	2 lb 15 oz	5 lb 14 oz
*Fresh tomatoes	2 lb 12 oz	5 lb 8 oz
*Fresh cilantro	2.5 oz	5 oz
*Fresh jalapeños	3 oz	6 oz
*Fresh baby spinach	1 lb 12 oz	3 lb 8 oz

**NOTES**

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

Cooking Process #2: Same Day Service.

Alternate grain – can use pita bread

**YIELD/VOLUME**

<b>25 Servings</b>	<b>50 Servings</b>
About 25 wraps	About 50 wraps
1 full sheet pan (18" x 26" x 1")	2 full sheet pans (18" x 26" x 1")