

# Jerk Fish Wrap

The colorful combo of fresh spinach, tomato, and mango compliments the jerk-seasoned fish in the Jerk Fish Wrap.

## CACFP Home Childcare Crediting Information

One 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.



**Preparation Time:** 30 minutes

**Cooking Time:** 15 minutes

**Makes:** 6 servings

## Ingredients

- ½ tsp Jerk seasoning spice, no salt added
- ½ tsp Garlic powder
- 1 tsp Ground coriander
- ½ tsp Ground paprika
- ⅛ tsp Red pepper flakes
- ¼ tsp Salt
- 12 oz Frozen tilapia, thawed, cut into six pieces
- 2 oz each
- 1 ¼ cups or 9 oz Fresh mango, diced
- 1 ½ cups or 8 oz Canned pineapple tidbits in 100% juice, drained
- 2 cups or 10 oz Fresh tomatoes, diced
- ⅛ cup or ½ oz Fresh cilantro, diced
- ¼ cup or ½ oz Fresh jalapeños, diced
- ⅛ cup or 1 oz Lime juice
- ⅛ cup or 1 oz Sugar
- 6 Whole-grain tortillas (1.5 oz each)
- 1 qt 2 cups or 6 oz Fresh baby spinach, chopped

## Directions

- 1** Preheat oven:  
Conventional oven: 350 °F  
Convection oven: 350 °F
- 2** Combine jerk seasoning spice, garlic powder, coriander, paprika, red pepper flakes, and salt in a large bowl. Stir well. Set aside for step 5.
- 3** Line a baking sheet (9" x 13" x 1") with parchment paper and lightly coat with pan release spray.
- 4** Place 6 portions of fish on baking sheet.
- 5** Sprinkle spices evenly over each piece of tilapia on the baking sheet.
- 6** Bake:  
Conventional oven: 350 °F for 8-10 minutes.  
Convection oven: 350 °F for 5-8 minutes.
- 7** Critical Control Point:  
Heat to 155 °F for at least 15 seconds.
- 8** Critical Control Point:  
Hold for hot service at 140 °F or higher.
- 9** Set aside for step 14.
- 10** Combine mangoes, pineapple, tomatoes, cilantro, jalapeños, lime juice, and sugar in a large bowl. Stir well. Pour into a medium bowl. Refrigerate and set aside for step 15. (Can prep ahead of time)
- 11** Critical Control Point:  
Cool to 40 °F or lower within 4 hours.
- 12** To prevent tortillas from tearing when folding, steam for 3 minutes until warm.

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## Directions continued

- 13 Place about 1 cup spinach slightly below the center of each tortilla.
- 14 Place 1 tilapia portion on top of spinach.
- 15 Using a ½ cup measuring cup, portion ½ cup fruit mixture on top of tilapia portion.
- 16 Fold the bottom of the tortilla up and over the filling.
- 17 Fold in the outside edges so they nearly touch each other.
- 18 As you roll the burrito forward, use the tips of your fingers to tuck and press the sides into a tight cylinder.
- 19 Place 6 wraps seam side down on a baking sheet (9" x 13" x 1").
- 20 Critical Control Point:  
Hold at 140 °F or higher until served.
- 21 Cut wrap on a diagonal.
- 22 Serve 1 wrap.

### Source:

CACFP Home Childcare 6-Serving Recipe Project

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**Nutrients Per Serving: Calories 260, Protein 19 g, Carbohydrates 38 g, Dietary Fiber 3 g, Total Fat 4 g, Saturated Fat 1 g, Cholesterol 32 mg, Sodium 286 mg, Vitamin A 142 mcg RAE, Vitamin C 38 mg, Vitamin D 85 IU, Calcium 54 mg, Iron 1 mg, Potassium 463 mg**

