



# Oven-Roasted Tilapia With Crema Sauce

## USDA Recipe for CACFP

Oven-Roasted Tilapia With Crema Sauce is served with a chow-chow–flavored coleslaw and crema sauce.

### CACFP CREDITING INFORMATION:

1 serving provides 2 oz equivalent meat and  $\frac{5}{8}$  cup vegetable.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Jerk seasoning		1½ tsp		1 Tbsp	<b>1</b> Combine jerk seasoning spice, coriander, paprika, red pepper flakes, and salt in a large bowl. Stir well. Set aside for step 4.
Coriander, ground		1 Tbsp		2 Tbsp	
Paprika		1½ tsp		1 Tbsp	
Red pepper flakes		½ tsp		1 tsp	
Salt		1 tsp		2 tsp	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Tilapia (frozen), thawed	3 lb 8 oz	25 each	7 lb	50 each	<p><b>2</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>3</b> Spread 2 Tbsp 1 tsp (about ½ oz) spices evenly over each pan. Double amount for 50 servings.</p> <p><b>4</b> Bake: Conventional oven: 350 °F for 8–10 minutes. Convection oven: 350 °F for 5–8 minutes.</p> <p><b>5</b> Critical Control Point: Heat to 155 °F or higher for at least 15 seconds.</p> <p><b>6</b> Set aside for step 13.</p>
*Green onions, fresh, diced		2 Tbsp 1 tsp	2 oz	¼ cup 2 tsp	<p><b>7</b> Coleslaw mixture: Combine green onions, garlic, coriander, apple cider vinegar, honey, and sugar in a large bowl. Stir well.</p>
Garlic, fresh, minced		1½ tsp		1 Tbsp	
Coriander, ground		1 Tbsp		2 Tbsp	
Apple cider vinegar		¾ cup		1½ cups	
Honey		¾ cup 1 tsp		1½ cups 2 tsp	
Sugar	4 oz	½ cup	8 oz	1 cup	<p><b>8</b> Add coleslaw and bell peppers. Toss well to combine.</p>
*Coleslaw mix, fresh, shredded	2 lb	3 qt 2½ cups	4 lb	1 gal 3 qt 1 cup	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Red bell pepper, fresh, chopped			1 lb 4 oz	3¾ cups	
					<b>9</b> Cover and refrigerate at 40 °F until ready for service. Please note that coleslaw mixture will shrink in size if reserved longer than 5 hours due to vinegar. Set aside for step 14.
Sour cream, nonfat			2 lb 10 oz	1 qt	<b>10</b> Crema sauce: Combine sour cream, cilantro, lime zest, lime juice, and salt in a large bowl. Stir well.
*Cilantro, fresh, chopped			2 oz	3½ cups	
Lime zest				¼ cup 2 Tbsp 2 tsp	
Lime juice				¼ cup 2 Tbsp	
Salt				2 tsp	
					<b>11</b> Cover and refrigerate at 40 °F until ready for service. Set aside for step 13.
					<b>12</b> Place small plates on a sheet pan (18" x 26" x 1").  For 25 servings, use 2 pans (13 plates on 1 pans and 12 plates on 1 pan). For 50 servings, use 4 pans (13 plates on 3 pans and 11 plates on 1 pan).

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<p><b>13</b> Assembly per plate: First layer: Using a No. 8 scoop, portion ½ cup (about 2½ oz) coleslaw mixture onto each plate.</p> <p>Second layer: Place 1 tilapia portion on top of coleslaw mixture.</p> <p>Third layer: Using a No. 40 scoop, portion 1 Tbsp (about ⅓ oz) crema sauce on top of tilapia.</p>
					<p><b>14</b> Critical Control Point: Hold for hot service at 140 °F or higher.</p>
					<p><b>15</b> Serve 1 plate.</p>

## NUTRITION INFORMATION

For 1 plate.

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>229</b>
<b>Total Fat</b>	<b>7 g</b>
Saturated Fat	2 g
Cholesterol	44 mg
<b>Sodium</b>	<b>316 mg</b>
<b>Total Carbohydrate</b>	<b>25 g</b>
Dietary Fiber	1 g
Total Sugars	21 g
Added Sugars included	N/A
<b>Protein</b>	<b>18 g</b>
Vitamin D	95 IU
Calcium	47 mg
Iron	1 mg
Potassium	329 mg

N/A=data not available.

## SOURCE

USDA Standardized Recipes Project.

## MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Mature green onions	2 oz	4 oz
Red bell peppers	13 oz	1 lb 10 oz
Cilantro	2 oz	4 oz
Cabbage	2 lb	4 lb

## 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.

## YIELD/VOLUME

25 Servings	50 Servings
About 10 lb 13 oz	About 21 lb 10 oz
About 1 gal 1 qt 1 <sup>2</sup> / <sub>3</sub> cups/1 sheet pan (18" x 26" x 1")	About 2 gal 2 qt 3 <sup>1</sup> / <sub>4</sub> cups/2 sheet pans (18" x 26" x 1")