

Jerk Fish Wrap

This Jerk Fish Wrap features tender white fish seasoned with Jamaican-inspired jerk spices and served with mango pineapple salsa, creating the ultimate sweet and spicy flavor combination.

CACFP Crediting Information:

1 wrap provides ½ cup vegetable (¼ cup dark green vegetable, ¼ cup red/orange vegetable), ½ cup fruit, 2 oz eq meat/meat alternate, and 2 oz eq grains.



Preparation Time: 20 minutes

Cooking Time: 30 minutes

Makes: 6 servings

Ingredients

- ½ tsp jerk seasoning, no salt added
- ½ tsp garlic powder
- ½ tsp coriander, ground
- ½ tsp paprika, ground
- ¼ tsp salt
- ⅛ tsp red pepper flakes
- 12 oz tilapia, frozen, thawed, cut into 6 pieces
- 12 oz (2 cups) tomatoes, fresh, small dice
- 6 oz (¾ cup) mango, frozen, thawed, small dice
- 6 oz (¾ cup) pineapple, tidbits, canned, 100% juice, drained
- ½ oz (⅛ cup) cilantro, fresh, minced
- ½ oz (⅛ cup) jalapenos, fresh, diced
- 2 Tbsp lime juice, bottled
- 6 whole grain flour tortillas, 10 inch
- 6 oz (1 qt) baby spinach, fresh, chopped

Directions

- 1** Preheat oven:
Conventional oven: 350 °F
Convection oven: 350 °F
- 2** Combine jerk seasoning, garlic powder, coriander, paprika, salt, and red pepper flakes in a small bowl. Stir well. Set aside for step 4.
- 3** Place 6 tilapia portions on a half-sheet pan (18" x 13" x 1") lined with parchment paper and lightly coated with pan-release spray.
- 4** Sprinkle spices evenly over each piece of tilapia on the pan.
- 5** Bake:
Conventional oven: 350 °F for 8-10 minutes.
Convection oven: 350 °F for 5-8 minutes.
Critical Control Point:
Heat to 145 °F or higher.
Critical Control Point:
Hold for hot service at 140 °F or higher. Hold hot until step 8.
- 6** Combine tomatoes, mangoes, pineapple, cilantro, jalapeños, and lime juice in a large bowl. Stir well. Refrigerate and set aside for step 8.
Critical Control Point:
Cool to 40 °F or lower within 4 hours.
- 7** To prevent tortillas from tearing when folding, steam for 3 minutes until warm.
- 8** Place 1 oz (¼ cup) spinach onto the center of each tortilla. Place 1 ½ oz tilapia on top of spinach. Using a No. 16 scoop, portion ¼ cup of the mango salsa on top of the tilapia. Save remaining salsa for serving on the side.
- 9** Fold the bottom of the tortilla up and over the filling. Fold in the outside edges so they nearly touch each other. As you roll the burrito forward, use the tips of your fingers to tuck and press the sides into a tight roll.
- 10** Cut each wrap on a diagonal. Serve immediately.
- 11** Serve 1 wrap. Using a No. 16 scoop, portion ¼ cup additional fruit salsa on the side.

NUTRITION INFORMATION

For 1 wrap

NUTRIENTS	AMOUNT
Calories	300
Total Fat	6 g
Saturated Fat	1 g
Cholesterol	32 mg
Sodium	457 mg
Total Carbohydrate	39 g
Dietary Fiber	5 g
Total Sugars	10 g
Added Sugars	2 g
Protein	21 g
Vitamin A	3170 IU
Vitamin C	22 mg
Calcium	171 mg
Iron	4 mg

N/A=no information available

Source:

USDA Standardized Recipe Project - 2024

NOTES

The food safety temperatures are based on Federal consumer food safety guidance. Some information may be different in your state. Always check with your local regulatory authority (health department) or sponsoring organization (sponsor) for guidance on current food safety requirements in your operation.