



Fresca Sauce (for Creole Catfish Fresca)

A garden-fresh sauce perfect for local catfish.

Recipe Project Name: Fiscal Year 2021 Cohort B Team Nutrition Training
Grant for School Meal Recipe Development
Louisiana Department of Education, St. Tammany Parish Public Schools

Preparation Time: 15 minutes

Cook Time: 10 minutes

NSLP/SBP crediting information:

¼ cup (No. 16 scoop) provides ¼ cup red/orange vegetable.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Tomatoes, red, ripe, diced	7 lb 8 oz		15 lb		<ol style="list-style-type: none"> 1. Heat a large skillet or tilt skillet over medium high heat. 2. When skillet is hot, add oil, tomatoes, granulated garlic, oregano, pepper, and salt; stir to combine. 3. Cook tomato mixture over medium to medium-high heat just until heated through, approximately 3-5 minutes. Do not overcook sauce. <p>Critical Control Point: Heat to 135 °F or higher. Hold for hot service at 135 °F or higher.</p>
Oil, olive		½ cup		1 cup	
Garlic, granulated		2 Tbsp		¼ cup	
Oregano, dried		1 tsp		2 tsp	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Pepper, black		½ tsp		1 tsp	4. Serve ¼ cup sauce using a No. 16 scoop with Creole Catfish Fresca filet (see separate recipe).
Salt, table		½ tsp		1 tsp	

FRESCA SAUCE
NUTRITION INFORMATION

For ¼ cup (No. 16 scoop)

NUTRIENTS	AMOUNT
Calories	31
Total Fat	2 g
Saturated Fat	<1
Cholesterol	0 g
Sodium	30 mg
Total Carbohydrate	2.65 mg
Dietary Fiber	<1 g
Total Sugars	1.3 g
Added Sugars included	N/A
Protein	<1 g
Vitamin A	87 mcg RAE
Vitamin C	13.5 mg
Vitamin D	N/A
Calcium	7.23 mg
Iron	0.44 mg
Potassium	N/A

N/A= data not available

SOURCE:

FY 2021 Cohort B Team Nutrition Training Grant

***MARKETING GUIDE**

Food as Purchased for	50 Servings	100 Servings
*Tomatoes, fresh, whole, all sizes	8 lb 13 oz	17 lb 10 oz

NOTES

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

This recipe is best prepared for just in time service, and quick batch cooking is recommended.

Optional: serve with Creole Catfish Fresca.

Note: Optional ingredients are not included in the recipe nutrient analysis. Addition of optional ingredients may change crediting and/or nutrition information.

The food safety temperatures are based on the FDA Food Code. Some information included in this guide 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.

Cooking Process #2: Same Day Service

YIELD/VOLUME

50 Servings	100 Servings
About 3 qt 2 cups About 6 lb 9 oz	About 1 gal 1 qt About 13 lb 2 oz