

Recipe Of The Month



Roasted Fish Crispy Slaw Wrap

Prep time: 50 minutes

Cook time: 12 minutes

Makes: 6 Wraps

A combination of colors and textures that overflows with fresh vegetables, spicy fish, and a burst of citrus, all contained in a whole-wheat tortilla, with fresh avocado.

Ingredients

- 2 1/2 cups** Fresh red cabbage, shredded
- 2 cups** Fresh white cabbage, shredded
- 1 1/2 cups** Fresh carrots, peeled, shredded
- 1 cup** Fresh bok choy, julienne cut "shoestring strips" 1/8"
- 2 tablespoons** Fresh cilantro, chopped
- 3/4 cup** Low-fat balsamic vinaigrette dressing
- 1 tablespoon** Salt-free chili-lime seasoning blend
- 1 tablespoon** extra-virgin olive oil
- 6 unknown** Tilapia fish filets, raw, 4 oz each
- 1 1/2 cups** Fresh romaine lettuce, julienne cut "shoestring strips" 1/8"
- 6 unknown** Whole-wheat tortillas, 8"
- 6 slices** Fresh avocado, peeled, pitted, sliced
- 6 unknown** Quarters of Fresh limes, quartered

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Directions

1. Preheat oven to 375 °F.
2. In a large mixing bowl combine red and white cabbages, carrots, bok choy, cilantro, and balsamic dressing to make the slaw. Cover and refrigerate for at least 1 hour.
3. Place fish filets on a baking sheet lined with parchment paper sprayed with nonstick cooking spray. Brush fish with olive oil and sprinkle with salt-free seasoning blend. Roast uncovered at 375°F for 12 minutes or until internal temperature reaches 145°F or higher and fish flakes with a fork. Use a food thermometer to check the internal temperature.
4. Remove fish from oven.
5. To assemble wrap: Place 1/4 cup lettuce on tortilla. Cut fish in half and place both pieces on top of lettuce. Add 1 cup cabbage slaw and a slice of avocado. Squeeze lime on top of mixture. Roll in the form of a burrito. Cut diagonally. Serve immediately.

Nutrition Information

Key Nutrients	Amount
Total Calories	342
Total Fat	10 g
Saturated Fat	2 g
Monounsaturated Fat	3.65 g
Polyunsaturated Fat	1.52 g
Cholesterol	50 mg
Protein	29 g
Carbohydrates	37 g
Dietary Fiber	6 g
Sodium	541 mg