

# Grilled U.S. Farm-Raised Tilapia with Fresh Salsa



**Recipe Name:** Grilled Tilapia with Fresh Salsa

**Category:** U.S. Farm-Raised Seafood

HACCP Process: \_\_\_\_\_ 1 – No Cook      X   2 – Cook & Same Day Serve    \_\_\_\_\_ 3 – Cook, Cool, Reheat, Serve    \_\_\_\_\_ 4 – SOP Controlled

| Ingredients:   | For: 24 Servings |            | Directions: Remove the tilapia fillets from refrigeration just prior to cooking in batches of 24.<br>CCP below 41 degrees  |
|--|------------------|------------|--|
|  | Weight           | Measure    |  |
| Tilapia fillets  | 9 lbs            | 24 @ 6 oz. | Take the portioned tilapia fillets and pat dry.  |
| Safflower oil  | 1 cup            | 8 fl. oz.  | Prepare a marinade for the tilapia, using safflower oil  |
| Ground white pepper  | 1 tsp.           |            | Add the ground white pepper to the oil.  |
| Garlic clove, fine chopped   |                  | 1 each     | Finely chop the garlic and add to the marinade.  |
| Paprika  |                  | 1 pinch    | Stir the marinade together with the paprika & set aside.   |
| Tomatoes, diced  | 4 cups           | 4 lg.      | Dice the tomatoes and place in a mixing bowl   |
| White onions, diced  | 2 cups           | 2 lg.      | Dice the onions the same size as the tomatoes  |
| Jalapeno peppers, fine diced   | 1 cup            | 2 lg.      | Dice the jalapenos, (use gloves) half the size of the onion.   |
| Lime juice   | 2 each           |            | Squeeze the juice from 2 limes and add.  |
| White wine vinegar   | 1 cup            |            | Stir the diced vegetables, vinegar and lime juice together.  |
| Cilantro, chopped  | 2Tbsp.           |            | Add chopped fresh cilantro.  |
| Ground white pepper  |                  | 1 pinch    | Add a pinch of freshly ground white pepper. Cover and refrigerate until service. Below 41 degrees (CCP)  |
| Lightly oil the grill, using an oil-impregnated towel with the same safflower oil as for the tilapia marinade. Pre-heat the grill before marinating the tilapia. |                  |            | Marinate the dry tilapia fillets briefly in the safflower oil marinade. Drag the fillet on the side of the marinade bowl to remove excess marinade. Place the tilapia skin-side-up on the hot grill bars for 2 minutes. Turn 90 degrees and finish cooking the flesh side for 2 minutes. Turn the fillet over and repeat the process for 2 sets of 2 minutes to 145 degrees (CCP).<br>Set up the center of the plate with a spoonful of the refrigerated salsa, place the tilapia fillet over the salsa and serve immediately. |

Serving Size 6 oz.

Pan Size

**Oven Temperature & Baking Time:**

Temperature

Minutes

Yield 24 servings

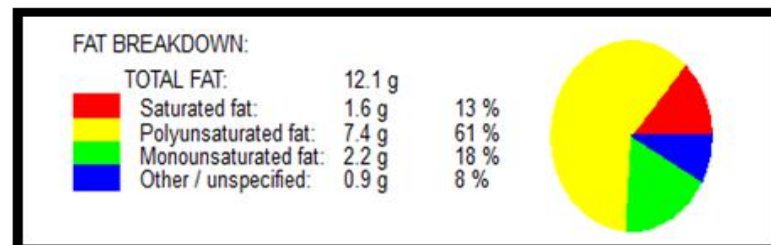
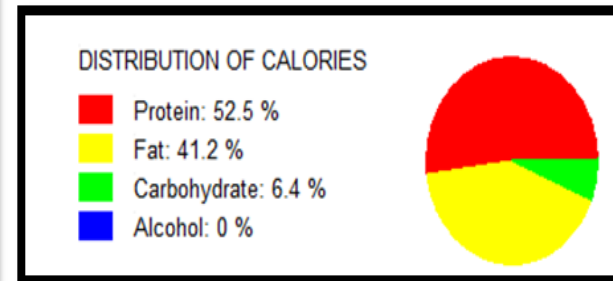
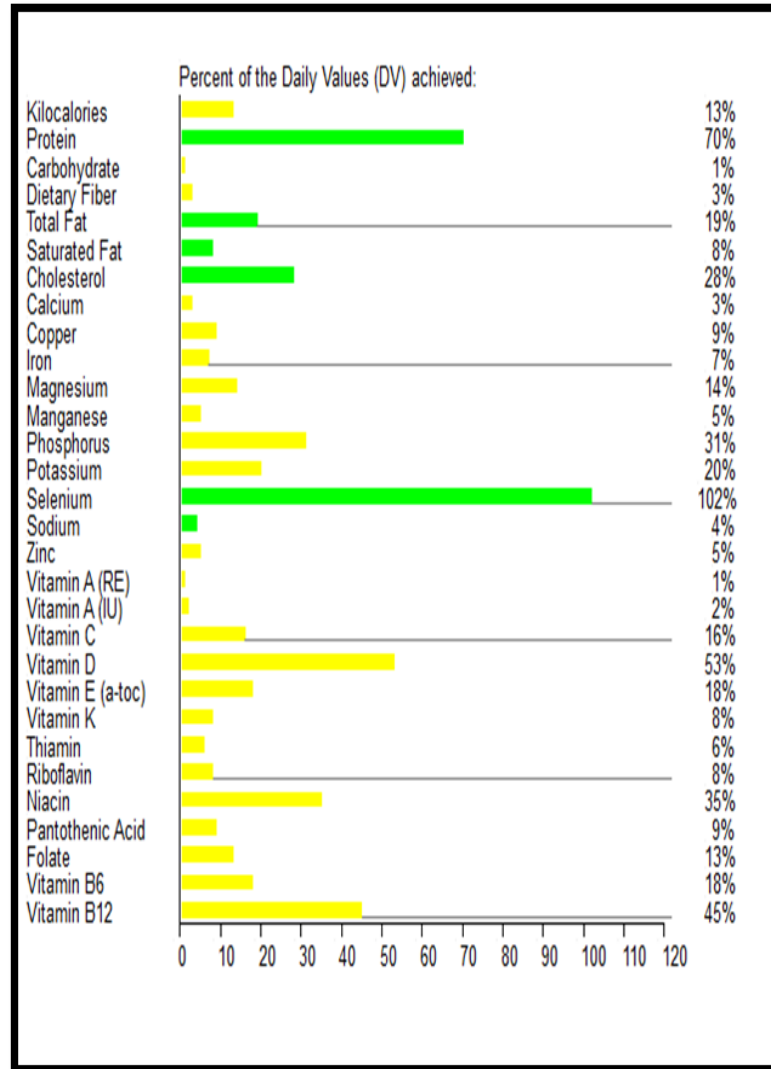
Number of Pans

Convection

# 6-ounce fish portion

Omega-3 content 0.343 g

| Nutrition Facts  |                          |
|--|--------------------------|
| Serving size: 7.43 oz. (261g)  |                          |
| Servings Per Recipe 1  |                          |
| Amount Per Serving   |                          |
| <b>Calories</b> 264  | Cal. from Fat 109        |
| % Daily Value*   |                          |
| <b>Total Fat</b> 12g   | <b>20%</b>               |
| Saturated Fat 2g   | <b>8%</b>                |
| Trans Fats 0g  |                          |
| <b>Cholesterol</b> 85mg  | <b>30%</b>               |
| <b>Sodium</b> 95mg   | <b>4%</b>                |
| <b>Total Carbohydrate</b> 4g   | <b>0%</b>                |
| Dietary Fiber 1g   | <b>4%</b>                |
| Sugars 3g  |                          |
| <b>Protein</b> 35g   |                          |
| Vitamin A 2%   | Vitamin C 15%            |
| Calcium 4%   | Iron 8%                  |
| * Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. |                          |
| Calories   | 2,000 2,500              |
| Total Fat  | Less than 65g 80g        |
| Sat Fat  | Less than 20g 25g        |
| Cholesterol  | Less than 300mg 300mg    |
| Sodium   | Less than 2400mg 2400mg  |
| Total Carbohydrate   | 300g 375g                |
| Dietary Fiber  | 25g 30g                  |
| Calories per gram:   |                          |
| Fat 9  | Carbohydrate 4 Protein 4 |



### 3-ounce fish portion

| Nutrition Facts  |                  |               |
|--|------------------|---------------|
| Serving size: 4.8 (131g)   |                  |               |
| Servings Per Recipe 1  |                  |               |
| Amount Per Serving   |                  |               |
| <b>Calories</b> 132  | Cal. from Fat 55 |               |
| % Daily Value*   |                  |               |
| <b>Total Fat</b> 6g  |                  | <b>8%</b>     |
| Saturated Fat 1g   |                  | <b>4%</b>     |
| Trans Fats 0g  |                  |               |
| <b>Cholesterol</b> 43mg  |                  | <b>15%</b>    |
| <b>Sodium</b> 48mg   |                  | <b>2%</b>     |
| <b>Total Carbohydrate</b> 2g   |                  | <b>0%</b>     |
| Dietary Fiber 0g   |                  | <b>2%</b>     |
| <b>Protein</b> 17g   |                  |               |
| Vitamin A 0%   | Vitamin C 8%     |               |
| Calcium 0%   | Iron 4%          |               |
| * Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. |                  |               |
|  | Calories         | 2,000 2,500   |
| Total Fat  | Less than        | 65g 80g       |
| Sat Fat  | Less than        | 20g 25g       |
| Cholesterol  | Less than        | 300mg 300mg   |
| Sodium   | Less than        | 2400mg 2400mg |
| Total Carbohydrate   |                  | 300g 375g     |
| Dietary Fiber  |                  | 25g 30g       |
| Calories per gram:   |                  |               |
| Fat 9  | Carbohydrate 4   | Protein 4     |

