

# 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. 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). 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

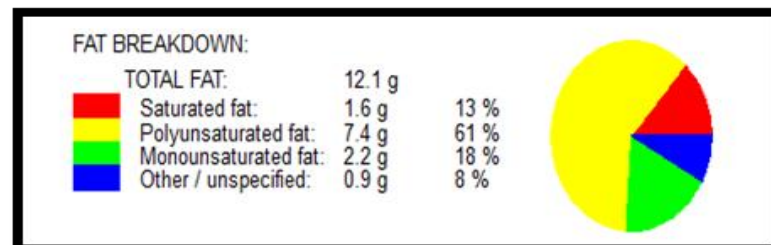
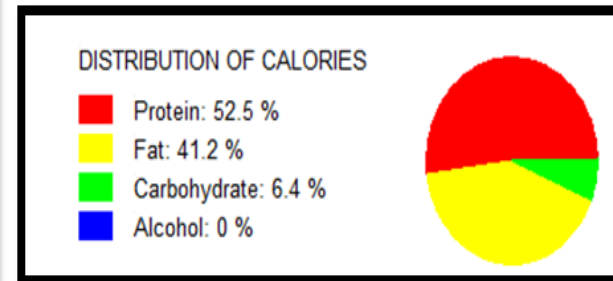
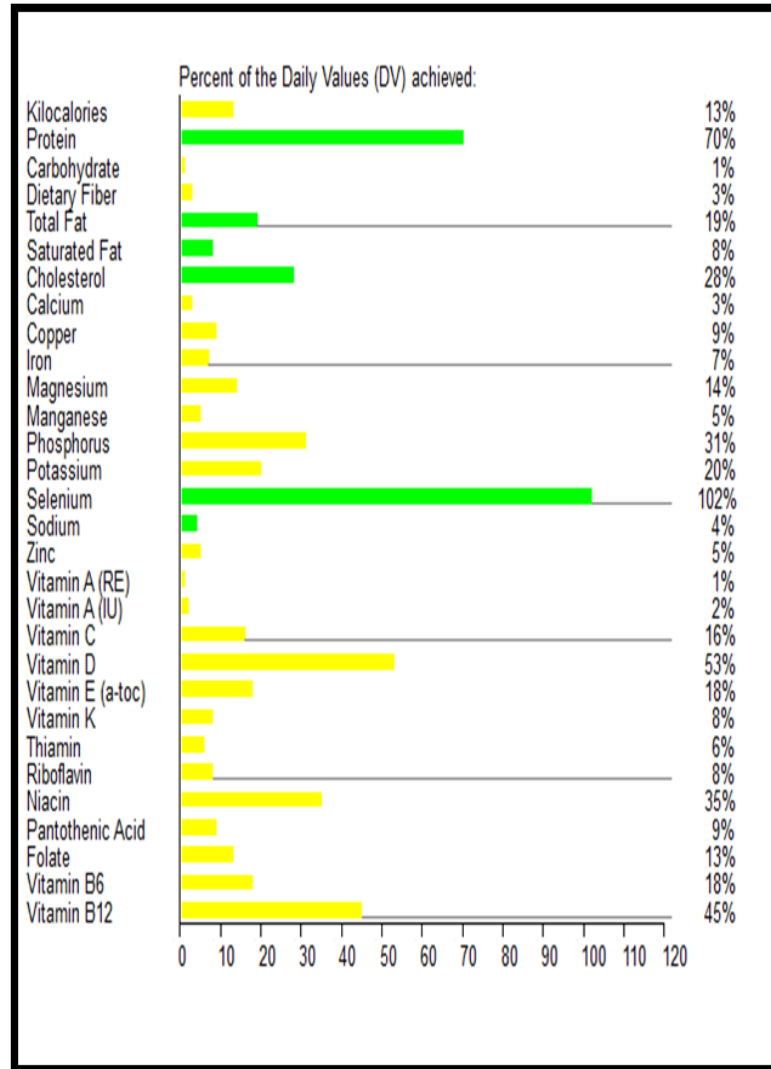
Number of Pans

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>
Sugars 1g		
<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

