

School adult representative: Kodep Ogumoro-Uludong

Grade group: (K-3?, 9-12?) 9-12

Name of Student(s): Josifynn Rasa, Harrison Smith, Evert Van Der Maas

**Name of Recipe:** Guihan Tortizas

**Featured Ingredient:** Local Salsa

**How many servings does this recipe make?** 4



		<i>Do not write in this area-- FNS Use Only</i>						
Ingredient	Amount	Cal	Fat	Sat Fat	Tran Fat	Na	CHO	Sugar
Whole Grain Wheat Flour	1 1/4 cups	510	3.75			3	107.96	0.6
Salt	3/4 tsp					1744		
Water	5/8 cup	0	0	0	0		0	0
Local Pepper	1/2 table spoon	6					1.3	0.8
local cherry tomatoes	4 pieces	12				3	2.65	1.79
Red onion	1 table spoon	1						
Green onion stalks	2 pieces	6				4	1.4	1.2
Pepper	1 tsp							
Cilantro	1 tsp	0						
Calamansi	1	11					3.7	0.74
Parrot Fish Fillet (any local white meat fish)	12 oz	279	2.28	0.4		184		
Olive Oil	1 tblsp	119	13.5	1.8				
Mango	1/2 cup	50				1	12.36	11.27
Banana	1/2 cup	67				2	51.39	27.52
Star apple	1/2 cup	33				2	7.27	4.3

Coconut	1/2 cup	142	13.4	11.8		8	6.09	2.49
Apple Juice	1/2 cup	57	0	0	0	5	14	12
Non-fat milk	4 8-oz. cups	83	0.2	0.1		103	12.15	12
Cheddar Cheese	3/4 cup	342	28			526	1	0.44
	total	1718	61.13	14.1	0	2585	221.27	75.15
	divided by 4 servings	429.5	15.2825	3.525	0	646.25	55.3175	18.7875
Glass of low fat milk	8 oz	102	2.37			107	12	12
	<b>total for meal</b>	<b>531.5</b>	<b>17.6525</b>	<b>3.525</b>	<b>0</b>	<b>753.25</b>	<b>67.3175</b>	<b>30.7875</b>

Nutrition: Full meal has approx 506 calories and 600 mg sodium, about 18 grams fat. Includes whole grains in flatbread. Features ingredients from the feature list

(mango, banana, star apple..) Includes all four sections of the plate plus milk as a beverage.

#### Salsa

1. Chop local peppers, tomatoes, red onion, 1 green onion stalk, and cilantro
2. Mix with 1/4 teaspoon of salt and calamansi in a small bowl.

#### Fish

1. Place fish, 1 chopped green onion stalk, 1/4 teaspoon of salt, pepper, and olive oil in a pan.
2. Cook until fish is fully cooked

#### Fruit Cocktail

1. Cut mango, star apple, banana, and coconut into bite size pieces.
2. Mix with apple juice
3. Serve cold

#### Tortillas

1. Mix flour and 1/4 teaspoon salt then add the water.
2. Knead for two minutes
3. Roll into 1.5 oz. balls
4. Place onto plastic wrap and flatten into thin disks
5. Place on a hot dry pan and cook until firm

#### Finale

1. Place salsa, fish, and cheese on tortillas
2. Serve with Fruit Cocktail and Glass of Milk
3. Serves 4 people