



KITCHEN
SECRETS FROM
AMERICA'S
HEALTHIEST
SCHOOLS

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HOOVER CITY'S BAKED LEMON PEPPER TILAPIA



SERVINGS: 20 | SERVING SIZE: 3-5 OZ. | 1 FILLET = 2 M/MA

Hoover City School District's Green Valley Elementary School earned the 2016 National Healthy Schools Silver Award. And in the past six years, Hoover City schools have earned 26 National Healthy Schools Awards. Try one of this district's favorite recipes, a savory baked fish, that is sure to satisfy students.

20 (3-5 OZ. PORTION) *raw tilapia fish*
8 OZ. *butter*
1 TSP. *salt*
2 TBSP. *paprika*
¼ CUP *lemon juice,
canned or bottled*
1 TBSP. *Italian seasoning mix*

ccp: Heat to 145° F or higher for 3 minutes.

1. Thaw fish in cooler before preparing.
2. Coat baking sheet pan with cooking spray.
3. Place 20 thawed fillets into full size sheet pan.
4. Melt butter.
5. Mix melted butter with lemon juice and seasonings.
6. Brush generously on each piece of fish.
7. Bake at 375° F for approximately 12-15 minutes until fish flakes easily with a fork when tested at the thickest part and internal temperature reaches 145° F.

ccp: Hold for hot service at 135° F or higher.

NOTE: Make sure tilapia is thawed completely before prep. If you place on sheet pans to thaw then pour water off before you brush with seasonings to bake.

*Transfer cooked fillets to hotel pans and place on steamtable.
Garnish with slivers of lemon and parsley leaves.*



Find more healthy, student-approved recipes in the Alliance's Smart Food Planner at foodplanner.healthiergeneration.org.

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MIAMI-DADE'S ARROZ CON POLLO

CHICKEN AND
RICE PILAU



SERVINGS: 30 | SERVING SIZE: 2/3 CUP | 2/3 CUP = 2 M/MA

Miami-Dade County Public School District's Hammocks Middle School earned the 2016 National Healthy Schools Bronze Award. Since 2007, Miami-Dade schools have earned 121 National Healthy Schools Awards. Try one of this district's favorite recipes, a hearty chicken and rice dish that will keep kids focused all day long.

- 15 LBS. chicken, diced, USDA
- 3 LBS. brown rice, parboiled
- 2 LBS., 4 OZ. green peppers, chopped
- 3 LBS. fresh onions, chopped
- 3 CUPS cilantro, chopped
- 2 TBSP. poultry seasoning
- 12 OZ. chicken base
- 12 OZ. butter
- 3 QTS. water
- 3 OZ. egg shell coloring

PAN SIZE 12 x 12 x 2-1/2
PANS REQUIRED 3

You may cook the ingredients either in the oven or in a steamer.

Oven Instructions: Bake at 375°F for 50 minutes and then check for doneness

Steamer Instructions: Steam 35 to 45 minutes

HACCP Procedures: Hold at 140°F or higher for service

1. Melt butter.
2. Lightly oil 12 x 20 x 2-1/2 serving pan(s).
3. Place 1 lbs. of uncooked rice into each serving pan and 5 pounds of chicken.
4. Clean and chop green pepper and onions.
5. Add the following amounts to each pan with rice and chicken:
 - 12 oz. chopped green pepper
 - 1 cup loosely chopped cilantro
 - 1 oz. egg shell coloring
 - 1 lbs. chopped onion
 - 2 tsp. poultry seasoning
 - 4 oz. chicken base
 - 4 oz. margarine
 - Water
 - 1 quart of rice and chicken in each pan
6. Mix well.
7. Place parchment paper over each pan(s). Then seal each pan tightly with foil.



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HALL COUNTY'S FIESTA FISH SANDWICH



SERVINGS: 50 | 1 SANDWICH = 2 M/MA AND 2 GRAIN/BREAD

Five schools from Georgia's Hall County School District earned the 2016 National Healthy Schools Bronze Award. Since 2012, Hall County schools have earned 44 National Healthy Schools Awards. Try one of this district's favorite recipes, a fresh and fun sandwich, that's a guaranteed crowd pleaser.

1 $\frac{3}{4}$ CUP red onion
1 TBSP. raw garlic
5 LBS. 15 OZ. fresh tomatoes
2 $\frac{1}{2}$ OZ. fresh cilantro
5 OZ. green chilies, diced
1 TBSP. black pepper ground
5 TBSP. Mexican seasoning
6 LBS. 12 OZ. tuna in water pouch
50 (2 SLICES) goldfish bread,
100% whole wheat

1. Wash and peel red onion. Roughly chop and add to the vertical chopping machine (VCM).*
2. Peel garlic. Roughly chop and add to VCM.
3. Wash and cut tomatoes in wedges, add to VCM.
4. Wash cilantro, add to VCM.
5. Pulse ingredients together 6-8 times until mixture looks like Pico de Gallo.
6. Scrape mixture into large mixing bowl.
7. Add green chilies, black pepper, Mexican seasoning and tuna to mixing bowl.
8. Mix until well combined.
9. Assemble sandwich by placing $\frac{3}{8}$ cup of tuna salad on goldfish bread.

**If your school doesn't have a VCM, use alternate machine, such as a robocoupe, or finely chop by hand.*