



Wrapped Alaska Denali Style and Spinach Smoothie

Makes: 6 Servings

“I thought of this dish because it has a lot of Alaska elements in it, like the blueberries I eat off the bush in summer while hiking and the halibut we catch while boating,” says Denali. “The rest of the components seemed to blend in perfectly with the dish. The tartness of the blueberries goes amazing with the halibut and crunch of the lettuce. I decided to pair this dish with a smoothie, because I’ve seen school lunches served with chocolate milk with so much sugar, and I thought a nice refreshing healthy smoothie made with fruits and a vegetable would be the perfect thing to wash down this meal.”

Ingredients

Nutrition Information

Nutrients	Amount
Calories	404
Total Fat	12 g
Saturated Fat	6 g
Cholesterol	163 mg
Sodium	335 mg
Total Carbohydrate	46 g
Dietary Fiber	5 g
Total Sugars	23 g
Added Sugars included	0 g
Protein	31 g
Vitamin D	2 mcg
Calcium	188 mg
Iron	3 mg
Potassium	781 mg

N/A - data is not available

MyPlate Food Groups

 Fruits	1 cup
 Vegetables	1/4 cup
 Grains	1 1/2 ounces
 Protein Foods	3 1/2 ounces

For the Whole?Wheat Crepes:

1 1/4 cups low?fat milk

2 tablespoons unsalted melted butter

1/2 cup whole?wheat flour

1/2 cup all?purpose flour

Butter, oil, or nonstick cooking spray

3 eggs

1 dash sea salt

For the Blueberry Sauce:

1 pound blueberries

1 dash sea salt

1/4 fresh lemon, juiced

For the Halibut:

1 tablespoon butter

12 (2-ounce) halibut fillets (you can substitute with cod)

1 tablespoon low-sodium soy sauce

1/2 lemon, juiced

Sea salt

Garnish:

3 tablespoons low-fat sour cream

6 lettuce leaves

3/4 peeled banana

15 pieces diced fresh or frozen mango

6 pineapple chunks

5 peach slices

1/2 cup orange juice

3/4 cup low-fat plain yogurt

1 1/2 cups fresh spinach

Directions

1. For the Whole-Wheat Crepes: In a medium bowl, beat together milk, eggs, and butter. Add the flours and salt and whisk until smooth. In a nonstick pan over medium heat, melt a small amount of butter, oil, or nonstick cooking spray. Pour approximately $\frac{1}{4}$ cup batter into pan. Cook for 1 to 2 minutes, gently flip over with a spatula and cook for 1 more minute. Transfer to plate and continue making the rest of the crepes.

2. For the Blueberry Sauce: In a small saucepan, warm the blueberries, covered, over medium heat until the berries are boiling. Remove the cover, reduce the heat to low, add sea salt to taste and lemon juice, and stir. Let blueberries slowly reduce until the rest of the meal is ready, stirring occasionally.

3. For the Halibut: In a large nonstick pan, melt the butter over medium heat. Cook the halibut for 2 minutes, sprinkle with sea salt, soy sauce, and lemon juice, and cook for 4 more minutes, or until golden brown.

4. For the Smoothie: Combine all ingredients in a blender. Blend together until smooth.

5. To Assemble the Crepes: Put a crepe on each plate, smear $\frac{1}{2}$ tablespoon of low-fat sour cream on top, add

lettuce, 2 halibut pieces, and top with a generous spoonful of blueberry sauce. Eat unwrapped, with a fork, or wrap up and eat with your hands.

Notes

State: Alaska

Child's Name: Denali Schijvens, 9

Source: The 2016 Healthy Lunchtime Challenge Cookbook