

Title: Kale, Apple and Chicken Wrap



Recipe Code No:

Category: Lunch Entrée

Cooking Process: #1 No Cook

100 Servings			Directions
Ingredients	Weight	Measure	
Tortilla, whole grain, 10"		100 each	<ol style="list-style-type: none"> 1. Thaw tortillas at room temperature overnight. Proper thawing will aid in handling the product without breaking and cracking. 2. Thaw cooked, diced chicken in refrigerator. CCP: Hold at or below 41°F. 3. Prepare the dressing. In a large bowl, add yogurt, mayonnaise, honey, lemon juice, pepper, garlic, and salt. Whisk until combined – yield 1 gal + 1 qt. CCP: Hold at or below 41°F. 4. Rinse kale and apples under running water and drain well. Salad spinner recommended for kale. CCP: No bare hand contact with ready to eat food. 5. Fold kale leaves together, remove stem and shred or cut leaves into bite-size pieces. CCP: No bare hand contact with ready to eat food. 6. Dice apples into ½" pieces. Do not peel apples. Immediately after
Chicken, cooked, diced	12 lb 8 oz		
Yogurt, Greek, plain, nonfat		3 ½ qt	
Mayonnaise, regular		2 qt	
Honey		½ cup	
Lemon juice		2 Tbsp	

Black Pepper	1 ½ tsp	7. dicing, add to dressing to prevent browning. CCP: No bare hand contact with ready to eat food.
Garlic, granulated	1 ½ tsp	
Salt	1 ½ tsp	
Kale, fresh	5 lb 10 oz	8. Add diced chicken, kale, carrots, and cranberries to apples and dressing. Toss ingredients to combine, making sure all ingredients are evenly coated with dressing. CCP: No bare hand contact with ready to eat food. To assemble wrap, place ~6 oz mixture of kale, apple chicken salad onto center of tortilla using two no. 6 scoops. Tightly roll each tortilla like a burrito and cut diagonally in half. Present the cut sides facing outward towards customer. CCP: No bare hand contact with ready to eat food. CCP: Hold at or below 41°F.
Apple, fresh, whole, diced	3 lb 7 oz	
Carrots, shredded	2 lb 8 oz	
Cranberries, dried	2 lb	

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Meal Components: 2 oz Meat/Meat Alternate, 2 oz eq WGR Grain, ¼ cup Dark Green Vegetable, ¼ cup Fruit

Notes:

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Food as Purchased for	100 Servings
Apples, fresh	3 lb 12 oz

Serving

1 whole wrap/2 halves provides 2 oz Meat/Meat Alternate, 2 oz eq WGR Grain, ¼ cup Dark Green Vegetable, 1/8 cup Red/Orange Vegetable, ¼ cup Fruit

Serving Size	1 Serving Provides	Yield
K-8: 1 whole wrap or 2 halves 9-AD: 1 whole wrap or 2 halves	K-8: 2 oz Meat/Meat Alternate, 2 oz Whole Grain, ¼ cup Dark Green Vegetable, 1/8 cup Red/Orange Vegetable, ¼ cup Fruit 9-AD: 2 oz Meat/Meat Alternate, 2 oz Whole Grain, ¼ cup Dark Green Vegetable, 1/8 cup Red/Orange Vegetable, ¼ cup Fruit	100 servings 100 servings

Nutrients Per Serving:

Calories	475 cal	Sat Fat	3.5 g	Iron	2.7 mg
Protein	22 g	Chol	57 mg	Calcium	205.5 mg
Carb	48 g	Vit A	3136 IU	Sodium	651 mg
Total Fat	23 g	Vit C	26.5 mg	Dietary Fiber	6 g