

VEGETARIAN WRAP - MERCHANTS

MEAL COMPONENT CONTRIBUTION:

2 oz eq. meat/meat alternate, 1¼ oz. eq. whole grains, 3/8 cup other vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 2 halves

RECIPE HACCP PROCESS: #1 - No cook



MEAT/MEAT ALTERNATE : WHOLE GRAINS : VEGETABLES
(OTHER)

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Tortilla, Soft Flour, 8", #1222	100 tortillas
Romaine, Chopped, Fresh, #4017	3 pounds + 4 ounces
Onions, Red, Whole, Fresh, #4102	2 pounds + 12 ounces
Bell Peppers, Green, Whole, Fresh, #4104	1 pound + 12 ounces
Cucumber with Peel, Whole, Fresh, #4101	2 pounds + 2 ounces
Carrots, Raw, Mini, Peeled, #4002	2 pounds
Cheese, American, Grated/Shredded, #1306	12 pounds + 8 ounces
Dressing, Lite Ranch, PC, 1.5 ounce #2205	100 packets , 1.5 ounce

DIRECTIONS

1. If needed, thaw the tortillas according to package directions.
2. If needed, rinse the romaine and chop it into ½ inch pieces.
3. Rinse the onions, peppers, carrots, and cucumber under cool, running water. Drain the vegetables thoroughly.
4. Core, remove seeds, and prepare the green peppers for the food processor or grater. Slice the ends off of the cucumber and prepare them for the food processor or grater. Process or grate the red onion, peppers, cucumbers, and carrots with a food processor. If the facility does not have a food processor or grater, then julienne (cut into thin strips) the vegetables.
5. Combine the raw ingredients. Cover and refrigerate them until ready for wrap assembly.

CCP: Hold under refrigeration (41 degrees F or lower) until ready for assembly.

6. WRAP ASSEMBLY:

- Layout the tortillas on a clean work surface.
- Place ¼ cup of romaine on each tortilla.
- Portion 2 ounces of the vegetable mixture with a #10 scoop on top of romaine lettuce.
- Sprinkle 2 ounces (#16 scoop) of cheese on top of the vegetables.
- Begin at one side to roll the tortilla until all of the contents cannot be seen.
- Cut in half diagonally.

The wraps may be wrapped in deli paper, plastic wrap, sandwich bags, wax paper, or foil sheets. Cover with plastic wrap and place under refrigeration until ready for service.

CCP: Hold under refrigeration (41 degrees F or lower) until ready for service.

7. Portion 1 wrap (2 halves) with a packet of ranch dressing per serving. Each portion provides 2 oz. eq. meat/meat alternate, 1¼ oz. eq. whole grains, and 3/8 cup of other vegetable.

CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Cover, label, and date any unassembled leftover ingredients. Discard assembled sandwiches. Refrigerate at 41 degrees F or lower.

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PRODUCTION NOTES

Use USDA Foods products when available.
Refer to USDA FNS Food Buying Guide for School Meal Programs for quantities to purchase if recipe is altered.
If changes are made in ingredients, check crediting information and re-calculate the nutrition analysis.
"Culinary Techniques for Healthy School Meal" provides seasoning and serving ideas for entrées.

NUTRIENTS PER SERVING

Calories	495	Dietary Fiber	2.95 g	Sodium	1173.00 mg	Sat. Fat	15.52 g
Carbohydrates	32.31 g	Protein	16.53 g	Total Fat	32.10 g	Trans Fat	0.00 g

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ILLUSTRATED STEPS FOR PREPARATION OF VEGETARIAN WRAP - MERCHANTS

1.



Tortilla with romaine lettuce, vegetable mixture, and cheese ready to wrap

2.



1 serving of Vegetarian Wrap (2 diagonally cut halves)