

Vegetable Wraps

Meal Components: Vegetable - Other, Grains, Meat / Meat Alternate

Sandwiches, F-09

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Whole grain-rich flour tortilla, 12" soft (at least 1.8 oz)		50 each		100 each	<ol style="list-style-type: none"> 1. Steam tortillas for 3 minutes until warm. OR Place in warmer to prevent torn tortillas when folding. 2. For ranch dressing use Ranch Dressing recipe (see E-19). Spread 2 Tbsp ranch dressing down the center of each tortilla. 3. Place about ¼ oz lettuce on top of ranch dressing. 4. Combine raw vegetables: green peppers, onions, carrots, and cucumbers. Portion 2 oz vegetable mix with a No. 10 scoop (? cup) on top of lettuce leaf and dressing.
Ranch dressing (E-19)	50 oz	1 qt 2 1/4 cups	100 oz	3 qt 1/2 cup	
*Leaf lettuce	13 oz	1 qt 2 3/4 cups	1 lb 10 oz	3 qt 1 1/2 cups	
†Raw mixed vegetables					
*Raw green peppers, chopped	1 lb 10 oz	1 qt 3/4 cup	3 lb 4 oz	2 qt 1 1/2 cups	
*Raw onions, chopped	1 lb 13 oz	1 qt 1 cup	3 lb 10 oz	2 qt 2 cups	

*Raw cucumbers, peeled and diced	1 lb 9 oz	1 qt 1 cup	3 lb 2 oz	2 qt 2 cups
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Reduced fat cheddar cheese, shredded	3 lb 2 oz	3 qt 1/2 cup	6 lb 4 oz	1 gal 2 1/4 qt
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5. Sprinkle 1 oz (1/4 cup) cheese on top of vegetables.

6. Fold the top and bottom of the tortilla into the center. Beginning at either side, roll the tortilla until all the contents cannot be seen.

7. Cut diagonally in half.

Notes

*See Marketing Guide

Marketing Guide		
Food as Purchased for	50 Servings	50 Servings
Leaf lettuce	1 lb 4 oz	2 lb 8 oz
Green peppers	2 lb 1 oz	4 lb 2 oz
Mature onions	2 lb 1 oz	4 lb 2 oz
Carrots	1 lb 10 oz	3 lb 4 oz
Cucumbers	1 lb 14 oz	3 lb 12 oz

Serving	Yield	Volume
2 pieces provide 1 oz equivalent meat alternate, 3/8 cup other vegetable, and 1 3/4 oz equivalent grains.	<p>50 Servings: about 19 lb</p> <p>100 Servings: about 38 lb</p>	<p>50 Servings: 1 gallon ? quarts (vegetable filling); 100 halves</p> <p>100 Servings: 2 gallons 1 3/4 quarts (vegetable filling); 200 halves</p>

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Nutrients Per Serving

Calories	299	Saturated Fat	4.72 g	Iron	2.04 mg
Protein	13.8 g	Cholesterol	21 mg	Calcium	336 mg
Carbohydrate	36.52 g	Vitamin A	3707 IU	Sodium	636 mg
Total Fat	10.8 g	Vitamin C	16.5 mg	Dietary Fiber	2.9 g