

# Vegetable Wraps

Meat/Meat Alternate-Vegetable-Grains/Breads

Sandwiches

F-09

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched flour tortilla, 12" soft (at least 1.8 oz)		50 each		100 each	1. Steam tortillas for 3 minutes until warm. OR Place in warmer to prevent torn tortillas when folding.
Ranch dressing (E-19)	50 oz	1 qt 2 ¼ cups	100 oz	3 qt ½ cup	2. For ranch dressing use Ranch Dressing recipe (see E-19) Spread 2 Tbsp ranch dressing down the center of each tortilla.
*Leaf lettuce	13 oz	1 qt 2 ¾ cups	1 lb 10 oz	3 qt 1 ½ cups	3. Place about ¼ oz lettuce on top of ranch dressing.
†Raw mixed vegetables * Raw green peppers, chopped * Raw onions, chopped * Raw carrots, peeled and sliced * Raw cucumbers, peeled and diced	1 lb 10 oz 1 lb 13 oz 1 lb 5 oz 1 lb 9 oz	1 qt ¾ cup 1 qt 1 cup 1 qt 1 cup 1 qt 1 cup	3 lb 4 oz 3 lb 10 oz 2 lb 10 oz 3 lb 2 oz	2 qt 1 ½ cups 2 qt 2 cups 2 qt 2 cups 2 qt 2 cups	4. Combine raw vegetables: green peppers, onions, carrots, and cucumbers. Portion 2 oz vegetable mix with a No. 10 scoop (¾ cup) on top of lettuce leaf and dressing.
Reduced fat Cheddar cheese, shredded	3 lb 2 oz	3 qt ½ cup	6 lb 4 oz	1 gal 2 ¼ qt	5. Sprinkle 1 oz (¼ 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.

Comments:

\*See Marketing Guide.

Marketing Guide for Selected Items		
Food as Purchased for	50 servings	100 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

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## SERVING:

2 pieces provide 1 oz equivalent meat/meat alternate,  $\frac{1}{2}$  cup of vegetable, and 2 servings of grains/breads.

## YIELD:

**50 Servings:** about 19 lb

**100 Servings:** about 38 lb

## VOLUME:

**50 Servings:** 1 gallon  $\frac{7}{8}$  quarts (vegetable filling)  
100 halves

**100 Servings:** 2 gallons  $1\frac{3}{4}$  quarts (vegetable filling)  
200 halves

Tested 2004

## Nutrients Per Serving

<b>Calories</b>	299	<b>Saturated Fat</b>	4.72 g	<b>Iron</b>	2.04 mg
<b>Protein</b>	13.80 g	<b>Cholesterol</b>	21 mg	<b>Calcium</b>	336 mg
<b>Carbohydrate</b>	36.52 g	<b>Vitamin A</b>	3707 IU	<b>Sodium</b>	636 mg
<b>Total Fat</b>	10.80 g	<b>Vitamin C</b>	16.5 mg	<b>Dietary Fiber</b>	2.9 g