



CURRY CHICKEN SALAD FLATBREAD SANDWICH

Recipe Project Name/Written By:	Dairy MAX
Recipe Category:	Lunch, Grab & Go, Speed Scratch
Cooking Process:	#1 No Cook
Prep Time:	30 minutes
Cook Time:	0 minutes
Total Time:	30 minutes
K-12 Portion Size:	1 each
Meal Pattern Contribution:	2 oz eq WGR grain, 2 oz eq m/ma, 1/8 cup dark green vegetable

INGREDIENTS	10 Servings		40 Servings		DIRECTIONS
	Weight	Measure	Weight	Measure	
Flatbread, WGR, frozen		10 each		40 each	CCP: No bare hand contact with ready to eat food.
Chicken, cooked, diced 1/2", USDA foods	1.25 lb		5 lb		1. Thaw flatbread at room temperature.
Yogurt, Greek, plain, non-fat		3/4 c		3 c	2. Thaw chicken in refrigerator overnight.
Mayonnaise, light		1/2 c		2 c	CCP: Hold at 41° F or below.
Curry powder		1 Tbsp + 1 tsp		1/4 c + 1 Tbsp	CCP: No bare hand contact with ready to eat food.
Lemon juice		1 Tbsp		1/4 c	3. Combine Greek yogurt, mayonnaise, curry powder, lemon juice, salt and black pepper in a large bowl. Mix thoroughly. Add apples, cilantro, onion and chicken. Mix gently until all ingredients are coated with the yogurt mixture.
Salt		1/4 tsp		1 tsp	4. To assemble flatbread sandwiches, spoon a #12 disher of chicken salad mixture onto one half of each flatbread. Spread chicken salad to cover the half. Top with 1/4 cup shredded romaine lettuce, then fold in half. Serve immediately. Avoid holding for long periods of time to prevent sandwich from becoming soggy.
Black pepper		1/8 tsp		1/2 tsp	CCP: Hold and serve at 41° F or below.
Apple, green, diced 1/2"		1/2 c		2 c	
Cilantro, chopped		1/4 c		1 c	
Onion, red, diced 1/4"		1/4 c		1 c	
Lettuce, romaine, shredded		2 1/2 c		2 qt + 2 c	

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NUTRITION INFORMATION

Serving Size 1 each

NUTRIENTS AMOUNT

Calories 300

Total Fat 10 g

Saturated Fat 1 g

Cholesterol 48 mg

Sodium 533 mg

Total Carbohydrate 31 g

Dietary Fiber 4 g

Total Sugars 3 g

Added Sugars 1 g

Protein 20 g

Vitamin D 0 mcg

Calcium 59 mg

Iron 1.8 mg

Potassium 200 mg

N/A=data not available.

ALLERGENS: Eggs, Milk, Wheat

Allergen and nutrient information may vary based on the specific products and ingredients used on site.

*MARKETING GUIDE

Food as Purchased for	10 Servings	40 Servings
Apples, fresh, 125-138 ct	2.2 oz	8.7 oz
Cilantro, fresh	0.3 oz	0.9 oz
Onions, fresh	1.8 oz	6.9 oz
Grapes, fresh, with stem	15.3 oz	3 lb 13 oz

NOTES

*See Marketing Guide for AP (As Purchased) weights when EP (Edible Portion) weights are provided in the recipe.

YIELD/VOLUME

10 Servings	40 Servings
N/A	N/A

