



CHEESY PESTO CHICKEN WRAP

Recipe Project Name/Written By:	American Dairy Association Mideast
Recipe Category:	Lunch, Grab & Go, Speed Scratch
Cooking Process:	#1 No Cook
Prep Time:	45 minutes
Cook Time:	0 minutes
Total Time:	45 minutes
K-12 Portion Size:	1 wrap
Meal Pattern Contribution:	2 oz eq WGR grain, 3.5 oz eq m/ma, 1/4 cup red/orange vegetable, 1/4 cup dark green vegetable

INGREDIENTS	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Tortillas, WG, 10"		50 each		100 each
Chicken, pulled, cooked, frozen, USDA foods	3 lb 2 oz		6 lb 4 oz	
Dressing, ranch, USDA recipe or other school-made		3 1/2 c		7 c
Basil pesto	5 oz		10 oz	
Cheese, mozzarella, part-skim, shredded, USDA foods	3 lb 2 oz		6 lb 4 oz	
Lettuce, romaine, shredded	2 lb 12 oz	1 gal + 2 qt + 1 c	5 lb 8 oz	3 gal + 2 c
Tomatoes, diced 1/2"	5 lb 12 oz	3 qt + 1/2 c	11 lb 8 oz	1 gal + 2 qt + 1 c

DIRECTIONS
1. Thaw tortillas and pulled chicken overnight.
CCP: Hold at 41° F or below.
CCP: No bare hand contact with ready to eat food.
2. In a large bowl or container, whisk ranch dressing and basil pesto until thoroughly combined.
3. Spread 1 Tbsp of dressing on each tortilla, leaving a 1/2" border around the edge.
4. Place 1 oz shredded mozzarella slightly above the center of each tortilla. Top with 1 oz chicken, 1/2 c lettuce, and 1/4 c tomatoes.
5. Fold bottom of tortilla over fillings, pull back, fold in sides, and then roll up tightly like a burrito.
CCP: Hold and serve at 41° F or below.
CCP: No bare hand contact with ready to eat food.
6. For a pretty presentation, wrap in checkered paper and cut in half diagonally. Serve one wrap per student.

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NUTRITION INFORMATION

Serving Size	1 wrap
NUTRIENTS	AMOUNT
Calories	323
Total Fat	15 g
Saturated Fat	6 g
Cholesterol	45 mg
Sodium	677 mg
Total Carbohydrate	32 g
Dietary Fiber	4 g
Total Sugars	3 g
Added Sugars	0 g
Protein	17 g
Vitamin D	0 mcg
Calcium	136 mg
Iron	2 mg
Potassium	283 mg
N/A= data not available.	

ALLERGENS: Milk, Wheat
 Allergen and nutrient information may vary based on the specific products and ingredients used on site.

***MARKETING GUIDE**

Food as Purchased for	50 Servings	100 Servings
Lettuce, romaine, untrimmed	3 lb 4 oz	6 lb 8 oz
Tomatoes, fresh, whole, all sizes	6 lb 10 oz	13 lb 4 oz

NOTES

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

Wrap can be made one day before service and held covered overnight.

YIELD/VOLUME

50 Servings	100 Servings
N/A	N/A

