

GARDEN VEGETABLE WRAP

Yield 100

Portion 1 Sandwich

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
212 cal	44 g	6 g	2 g	0 mg	403 mg	116 mg

Ingredient

TORTILLAS,WHEAT,10 INCH
 LETTUCE,LEAF,FRESH,HEAD
 TOMATOES,FRESH,CHOPPED
 CARROTS,FRESH,GRATED
 PEPPERS,GREEN,FRESH,CHOPPED
 MUSHROOMS,FRESH,WHOLE,SLICED
 SQUASH,FRESH,SUMMER,DICED
 CUCUMBER,FRESH,CHOPPED
 ONIONS,GREEN,FRESH,SLICED
 SALAD DRESSING,CREAMY GARLIC,FAT FREE

Weight

12-3/8 lbs
 5 lbs
 6 lbs
 3-1/8 lbs
 3-1/8 lbs
 3-1/8 lbs
 3-1/8 lbs
 3-1/8 lbs
 3-1/8 lbs
 6 oz
 5-5/8 lbs

Measure

100 each

 3 qts 3-1/8 cup
 3 qts 7/8 cup
 2 qts 1-1/2 cup
 1 gal 1-1/8 qts
 3 qts 1/2 cup
 2 qts 3-7/8 cup
 1-3/4 cup
 2 qts 1 cup

Issue

7-3/4 lbs
 6-1/8 lbs
 3-3/4 lbs
 3-3/4 lbs
 3-3/8 lbs
 3-1/4 lbs
 3-3/4 lbs
 6-2/3 oz

Method

- 1 Wrap tortillas in foil; place in warm oven, about 150 F. or warmer for 15 minutes or until warm and pliable.
- 2 Cut lettuce into 1/2-inch strips.
- 3 Toss lettuce, tomatoes, carrots, peppers, mushrooms, squash, cucumbers, green onions and dressing.
- 4 Place 5 ounces, (about 1 cup), vegetable mixture on warmed tortilla.
- 5 Roll up tortilla; wrap with parchment, wax paper, or foil. CCP: Hold for service at 41 F. or lower Batch preparation methods should be used to prevent the lettuce from wilting and the tortillas from getting soggy.