

**CRUNCHY VEGETABLE BURRITO**

Yield 100

Portion 1 Burrito

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
280 cal	50 g	14 g	3 g	4 mg	753 mg	234 mg

**Ingredient**

YOGURT,PLAIN,NONFAT  
 SALAD DRESSING,RANCH,FAT FREE  
 GARLIC POWDER  
 CHILI POWDER,DARK,GROUND  
 CUMIN,GROUND  
 BEANS,KIDNEY,DARK RED,CANNED,DRAINED  
 SWEET POTATOES,FRESH,PARED,SHREDDED  
 TOMATOES,FRESH,CHOPPED  
 BROCCOLI,FRESH,FLORETS  
 ONIONS,GREEN,FRESH,SLICED  
 PEPPERS,JALAPENOS,CANNED,DRAINED,CHOPPED  
 TORTILLAS,WHEAT,10 INCH  
 CHEESE,MONTEREY JACK,REDUCED FAT,SHREDDED

**Weight**

6-1/4 lbs  
 4-1/4 lbs  
 1/2 oz  
 1/2 oz  
 1/4 oz  
 9-1/8 lbs  
 4-1/2 lbs  
 4-1/2 lbs  
 3-1/2 lbs  
 1 lbs  
 7-1/4 oz  
 12-3/8 lbs  
 3-1/4 lbs

**Measure**

2 qts 3-1/2 cup  
 2 qts  
 1 tbsp  
 1 tbsp  
 1 tbsp  
 1 gal 1-7/8 qts  
 3 qts 3-3/8 cup  
 2 qts 3-3/8 cup  
 1 gal 1/2 qts  
 1 qts 1/2 cup  
 1-1/2 cup  
 100 each  
 3 qts 1 cup

**Issue**

5-5/8 lbs  
 4-5/8 lbs  
 5-3/4 lbs  
 1-1/8 lbs

**Method**

- 1 Combine yogurt, ranch dressing, garlic powder, chili powder, and cumin. Blend well. CCP: Refrigerate at 41 F. or lower for use in Step 3.
- 2 Combine kidney beans, sweet potatoes, tomatoes, broccoli, green onions, and jalapeno peppers.
- 3 Toss vegetables with dressing until well coated. CCP: Refrigerate at 41 F. or lower for use in Step 5.
- 4 Wrap tortillas in foil; place in warm oven, about 150 F., or in a warmer for 15 minutes or until warm and pliable.
- 5 Place 5-1/2 ounces (about 2/3 cup) vegetable mixture on warm tortilla. Top with 1/2 ounce (2 tablespoons) cheese. Spread evenly in center of tortilla. Fold up sides of tortilla; fold up front of tortilla to cover filling; roll tightly to back of tortilla like a burrito; wrap with parchment, wax paper or foil.
- 6 CCP: Hold for service at 41 F. or lower.