



Ground Turkey Wraps or Pinwheels

These fun sandwiches are great for adding more color and veggies to your menu.

AGES: 6–18 years


PREP TIME: 1 hour

COOK TIME: 40 minutes

CACFP CREDITING INFORMATION

½ cup vegetable

2 oz eq meat/meat alternate

1 ½ oz eq grains 

SOURCE

Team Nutrition CACFP Easy Recipe Project

TeamNutrition.USDA.gov

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<ol style="list-style-type: none"> 1 Wash hands with soap and water for at least 20 seconds.
					<ol style="list-style-type: none"> 2 Preheat oven to 350 °F.
Turkey, 93% lean, ground, fresh or frozen, thawed	3 lb 7 oz		6 lb 14 oz		<ol style="list-style-type: none"> 3 In a medium skillet, brown turkey on medium-high heat, about 18–20 minutes. Heat to an internal temperature 165 °F or higher for at least 15 seconds. Set aside. Allow to cool for 5 minutes. Wash hands after touching uncooked ground turkey.
					<ol style="list-style-type: none"> 4 To heat tortillas: Wrap tortillas in aluminum foil, 10 tortillas per stack. Place in the oven for 15–20 minutes to warm. Remove from the oven.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Green peas, frozen, thawed, drained	2 lb 10 oz	2 qt + 1 cup	5 lb 4 oz	1 gal + 2 cup	<p>5 In a large bowl, combine green peas, ground turkey, cheese, carrots, and ranch dressing. Stir.</p>
Cheddar cheese, reduced-fat, shredded	12½ oz	3 cups + 2 Tbsp	1 lb 9 oz	1 qt + 2¼ cups	
Carrots, fresh, shredded	2 lb 2 oz	1 qt + 2¼ cups	4 lb 4 oz	3 qt + ½ cup	
Ranch dressing, fat-free		3 cups + 2 Tbsp		1 qt + 2¼ cups	
Tortillas, whole-wheat (10" across, at least 42 g or 1½ oz each)	37½ oz	25 (1050 g)	75 oz	50 (2100 g)	<p>6 Place ¾ cup (6 oz ladle) filling in the center of the tortilla.</p> <p>7 Roll tortilla. Cut into pinwheels or cut in half.</p> <p>8 Serve 1 wrap (pinwheels or halves). Serve immediately, or keep warm at 140 °F or higher.</p>


NUTRITION INFORMATION

1 Ground Turkey Wrap (pinwheels or halves)

NUTRIENTS	AMOUNT
Calories	332
<hr/>	
Total Fat	9 g
Saturated Fat	5 g
Cholesterol	43 mg
Sodium	734 mg
Total Carbohydrate	39 g
Dietary Fiber	8 g
Total Sugars	7 g
Includes Added Sugars	N/A
Protein	25 g
<hr/>	
Vitamin D	N/A
Calcium	150 mg
Iron	3 mg
Potassium	N/A

N/A = Data not available

NOTES

- **Contains milk (cheese and ranch dressing), eggs (ranch dressing), and wheat (tortillas).** Ranch dressing can be a hidden source of common allergens, which include milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- Sesame can appear as an ingredient in food where it might not be expected (tortillas) and may be included in the ingredient statements as “spice” or “flavoring.”
- Serve a variety of foods during the week to balance out an occasional lunch or supper item that may be higher in sodium or saturated fat.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.

YIELD/VOLUME

25 Servings	50 Servings
Weight: 11 lb 15 oz	Weight: 23 lb 15 oz
Yield: 25 wraps	Yield: 50 wraps