

# Vegetable Wrap

Our scrumptious Vegetable Wrap is a delight to eat! A whole-grain tortilla is filled with a delicious medley of fresh crisp vegetables, romaine lettuce, and chipotle spiced tofu.

## CACFP Home Childcare Crediting Information

1 wrap provides ½ cup vegetable (⅛ cup dark green vegetable, ⅛ cup red/orange vegetable, ¼ cup other vegetable), 1 oz equivalent meat alternate, and 1 oz equivalent grains.



**Preparation Time:** 1 hour 15 minutes  
**Cooking Time:** 25 minutes

**Makes:** 6 servings

## Ingredients

- 1 cup or 7 oz Ranch dressing
- 2 tsp Canola oil
- 2 tsp Chipotle spice, salt-free
- 2 ½ cups or 1 lb Tofu
- 1 cup or 2 oz Fresh romaine lettuce, chopped, rinsed, dry
- 1 cup or 4 oz Fresh green bell peppers, chopped
- 1 cup or 4 oz Fresh onions, chopped
- 1 ½ cups or 4 oz Fresh carrots, sliced
- ¾ cup or 4 oz Fresh cucumbers, diced
- 6 Whole-grain tortillas, 8" (1 oz each)

## Directions

- 1 Prepare Ranch dressing. See the Notes Section for ingredients and directions. Ranch dressing can be prepared ahead of time and refrigerated.
- 2 Press firm tofu for at least 30 minutes (Can press tofu while making ranch dressing). Drain pressed tofu and cut into small cubes.
- 3 Sprinkle tofu with chipotle spice. Let rest for 20 minutes.
- 4 **Critical Control Point:** Cool to 40 °F or lower within 4 hours.
- 5 Heat oil in a medium non-stick sauté skillet over medium-high heat. Add seasoned tofu. Sauté over medium-high heat uncovered until tofu is lightly browned.
- 6 **Critical Control Point:** Heat to 140 °F or higher for at least 15 seconds.
- 7 Remove tofu from heat and set aside for step 9.
- 8 Combine ranch dressing, lettuce, bell peppers, onions, carrots, cucumbers, and cheese (optional) in a large bowl.
- 9 Add tofu to vegetable mixture. Stir well.
- 10 **Critical Control Point:** Cool to 40 °F or lower within 4 hours.
- 11 To prevent tortillas from tearing when folding, steam for 3 minutes until warm.  
OR  
Place tortillas on a sheet pan lined with parchment paper. Place tortillas in two rows and cover with parchment paper. Place in a warm oven at 135 °F for at least 10 minutes.

**Notes:**

**Ranch Dressing Ingredients**

- 10 oz Low fat buttermilk
- ½ tsp Lemon juice
- 1 ¼ oz Low fat yogurt
- ¼ tsp Fat free sour cream
- 1 ½ oz Low fat mayonnaise
- 1 tsp Onion powder
- 1 tsp Garlic powder
- ⅛ tsp Ground black pepper
- ⅛ tsp Dried chives
- ½ tsp Dried parsley
- ¼ tsp Salt
- ¼ tsp Sugar

**Directions:**

- 1** Combine buttermilk, lemon juice, yogurt, sour cream, mayonnaise, onion powder, garlic powder, pepper, chives, parsley, salt, and sugar in a large bowl. Stir well.
- 2** Pour ranch dressing into a container.
- 3** Cover and refrigerate.
- 4** Critical Control Point:  
Cool to 40 °F or lower within 4 hours.
- 5** Critical Control Point:  
Hold at 40 °F or below.
- 6** Serve using a (⅛ cup measuring cup or 1 fl oz ladle.

**Source:**

CACFP Home Childcare 6-Serving Recipe Project

**Directions continued**

- 12** Portion ½ cup vegetable mixture onto the center of each warm tortilla.
- 13** Fold the bottom of the tortilla up and over the filling.
- 14** Fold in the outside edges so they nearly touch each other.
- 15** As you roll the burrito forward, use the tips of your fingers to tuck and press the sides into a tight cylinder.
- 16** Place 6 wraps, seam side down on a cookie sheet pan (9 ½" x 13" x 1").
- 17** Critical Control Point:  
Hold at 40 °F or below until served.
- 18** Serve 1 wrap.

**Nutrients Per Serving: Calories 225, Protein 12 g, Carbohydrates 24 g, Dietary Fiber 3 g, Total Fat 9 g, Saturated Fat 2 g, Cholesterol 3 mg, Sodium 328 mg, Vitamin A 203 mcg RAE, Vitamin C 19 mg, Vitamin D 0 IU, Calcium 187 mg, Iron 3 mg, Potassium 208 mg**