



Vegetable Wrap

USDA Recipe for CACFP

For a fresh take on lunch try our Vegetable Wrap. Assorted fresh vegetables, lightly coated with a homemade light-ranch dressing, all come together deliciously in a whole-grain tortilla.

CACFP CREDITING INFORMATION

1 wrap provides ½ cup vegetable and 1 oz equivalent grains.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Ranch Dressing USDA Recipe for CACFP (see Notes)	1 lb 11½ oz	3 cups	3 lb 7 oz	1 qt 2 cups	1 See Ranch Dressing USDA Recipe for CACFP for recipe ingredients and directions. 2 Set ranch dressing aside for step 3.
*Romaine lettuce, fresh, chopped, rinsed, dry	7 oz	1 qt 3 cups	14 oz	3 qt 2 cups	
*Green bell peppers, fresh, chopped	13 oz	2⅓ cups 2 Tbsp	1 lb 10 oz	1 qt ¾ cup 2 Tbsp 2 tsp	3 Combine ranch dressing, lettuce, bell peppers, onions, carrots, cucumbers, and cheese (optional) in a large bowl. Stir well. Set aside for step 6.
*Onions, fresh, chopped	15 oz	¾ cup 3 Tbsp	1 lb 14 oz	1¾ cups 2 Tbsp	
*Carrots, fresh, sliced	11 oz	2⅓ cups 2 Tbsp	1 lb 6 oz	1 qt ¾ cup 2 Tbsp 2 tsp	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Cucumbers, fresh, diced	13 oz	2¼ cups 1 Tbsp	1 lb 10 oz	1 qt ½ cup 2 Tbsp	
(Optional) Low-fat cheddar cheese, shredded	13 oz	3¼ cups	1 lb 10 oz	1 qt 2½ cups	
					4 Critical Control Point: Cool to 40 °F or lower within 4 hours.
Whole-grain tortillas, 8" (1 oz each)	1 lb 9 oz	25 each	3 lb 2 oz	50 each	5 To prevent tortillas from tearing when folding, steam for 3 minutes until warm. OR Hold tortillas in original packaging and place in a warmer at 135 °F for 10 minutes.
					6 Using a rounded No. 8 scoop, portion ½ cup 1 Tbsp (about 4 oz) vegetable mixture onto the center of each tortilla. Roll in the form of a burrito and seal.
					7 Place 25 wraps seam side down on a sheet pan (18" x 26" x 1"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					8 Critical Control Point: Hold at 40 °F or below.
					9 Serve 1 wrap.

NUTRITION INFORMATION

For 1 wrap.

NUTRIENTS	AMOUNT
Calories	171
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Total Fat	1 g
Saturated Fat	1 g
Cholesterol	2 mg
Sodium	441
Total Carbohydrate	29 g
Dietary Fiber	5 g
Total Sugars	4 g
Added Sugars included	N/A
Protein	6 g
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Vitamin D	0 IU
Calcium	51 mg
Iron	0 mg
Potassium	165 mg

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Mature onions	1 lb 2 oz	2 lb 4 oz
Romaine lettuce	11 oz	1 lb 6 oz
Green bell peppers	1 lb 1 oz	2 lb 2 oz
Carrots	11 oz	1 lb 6 oz
Cucumbers	14 oz	1 lb 12 oz

NOTES

Reduce salt in ranch recipe to ½ tsp per 25 servings.

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #1: No Cook.

YIELD/VOLUME

25 Servings	50 Servings
About 5 lb 11½ oz (vegetable mixture)	About 11 lb 7 oz (vegetable mixture)
About 2 qt 3½ cups (vegetable mixture)/25 wraps	About 1 gal 1 qt 2¾ cups (vegetable mixture)/50 wraps

