



# Chicken Kale Caesar Wrap

Diced chicken, fresh kale, and romaine tossed with creamy Caesar dressing and wrapped in a whole grain tortilla.

**Recipe Project Name:** Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development  
Virginia Department of Education

**Preparation Time:** 1 hour

**Cook Time:** No cook

**NSLP/SBP crediting information:**

1 wrap provides 2 oz equivalent meats/meat alternates,  
2 oz equivalent grains, ½ cup dark green vegetable.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Kale, fresh, without stem	2 lb 1 oz		4 lb 2 oz		<ol style="list-style-type: none"> <li>1. Remove stems from kale. Then wash and drain kale and romaine.</li> <li>2. Combine kale, romaine, and dressing in a large bowl. Mix dressing into greens.</li> <li>3. Place desired number of wraps on clean, sanitized prep table or sheet pans lined with parchment paper.</li> <li>4. Using a No. 4 scoop, portion 1 cup of salad mixture onto the center of each tortilla.</li> </ol>
*Romaine lettuce, thinly sliced	3 lb 4 oz	1 gal 2 qt 1 cup	6 lb 8 oz	3 gal 2 cups	
Caesar dressing, light & creamy	2 lb 6 oz	1 qt ¾ cup	4 lb 12 oz	2 qt 1 ½ cups	
Whole grain tortilla, 9-inch		50 each		100 each	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Chicken, diced, cooked, frozen USDA, thawed	6 lb 4 oz		12 lb 8 oz		<p>5. Using a No. 12 scoop, portion 2 oz of diced chicken on top of salad mixture in the center of each wrap.</p> <p>6. Roll in the form of a burrito and seal. Cut diagonally in half.</p> <p>7. Arrange open clamshells on prep table(s) and place one wrap in each shell. Close the clamshells.</p> <p><b>Critical Control Point:</b> Hold for cold service at 41 °F or lower.</p>



**CHICKEN KALE CAESAR WRAP**  
**NUTRITION INFORMATION**

For 1 wrap (1 tortilla + 1 cup chicken/kale/romaine mix)

<b>NUTRIENTS</b>	<b>AMOUNT</b>
<b>Calories</b>	<b>298</b>
<b>Total Fat</b>	<b>11 g</b>
Saturated Fat	2 g
Cholesterol	42 mg
<b>Sodium</b>	<b>399 mg</b>
<b>Total Carbohydrate</b>	<b>33 g</b>
Dietary Fiber	4 g
Total Sugars	3 g
Added Sugars included	N/A
<b>Protein</b>	<b>17 g</b>
Vitamin A	N/A
Vitamin C	N/A
Vitamin D	N/A
Calcium	114 mg
Iron	3 mg
Potassium	N/A

N/A=data not available.

<b>*MARKETING GUIDE</b>		
<b>Food as Purchased for</b>	<b>50 Servings</b>	<b>100 Servings</b>
Kale, fresh, without stem	2 lb 1 oz	4 lb 2 oz
Lettuce, fresh, romaine, untrimmed	5 lb 2 oz	10 lb 4 oz

<b>NOTES</b>
*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.

<b>YIELD/VOLUME</b>	
<b>50 Servings</b>	<b>100 Servings</b>
About 11 lb 9 oz chicken Caesar filling	About 23 lb 2 oz chicken Caesar filling
About 3 gal 2 cup salad mixture and 1 gal 2 qt 1 cup diced chicken	About 6 gal 1 qt salad mixture and 3 gal 2 cup diced chicken

**SOURCE:**

FY 2021 Cohort A Team Nutrition Training Grant

