

# Apple Turnover

Prep: 30 minutes | Cook Time: 25 minutes

Homemade cinnamon spiced apple filling baked in a whole grain tortilla and topped with a vanilla glaze.

**Serving Size:** 1 whole grain tortilla with ½ cup apple filling.

**Crediting Information:** 1 tortilla provides: 2 oz eq grain and ½ cup fruit

**Source:** Team Nutrition Training Grant for School Meal Recipe Development, Virginia Department of Education

FY 21 Cohort A






## Chef Tips:

- If using lemon juice:
  - For 50: 1 gallon of water and 1 cup of lemon juice.
  - For 100: 2 gallons of water and 2 cups of lemon juice.
- Alternatively, you can use Nature Seal in place of the lemon juice using the same ratio.
- Recommend using Virginia grown firm, tart apple varieties such as Gala, Granny Smith, and Winesap.

## Meal Pattern Contribution Notes:

Check the manufacturers label or child nutrition (CN) label to ensure that the whole grain wrap meets a 2 oz equivalent whole grain component.

Ingredient	50 Servings Weight	50 Servings Measure	100 Servings Weight	100 Servings Measure
Apples, fresh,   125-138 count whole, includes USDA foods	15 lb		30 lb	
Lemon juice		1 cup		2 cups
Cornstarch		6 Tbsp		¾ cup
Butter, unsalted, melted	6 oz	¾ cup	12 oz	1 ½ cup
Brown Sugar, packed	2 lb 10 oz	1 qt 2 cups	5 lb 4 oz	3 qt
Cinnamon, ground		2 Tbsp		4 Tbsp
9" Whole grain tortilla		50 each		100 each
Sugar, confectioners	10 ½ oz	3 cups	1 lb, 5 oz	6 cups
Milk, 1%, low fat 		6 Tbsp		¾ cup
Vanilla extract		1 Tbsp 1 tsp		2 Tbsp 2 tsp

## Nutrition Information

Serving Size: 1 each filled tortilla

Nutrients	Amount
Calories	386 kcal
Total Fat	8 g
Saturated Fat	3 g
Cholesterol	7 mg
Sodium	161 mg
Total Carbohydrate	79 g
Dietary Fiber	6 g
Total Sugars	47 g
Added Sugars Included	N/A
Protein	4 g
Vitamin D	N/A
Calcium	80 mg
Iron	2 mg
Potassium	N/A

N/A = Data not available

## Marketing Guide

Food as Purchased for	50 Servings	100 Servings
Apples, fresh, 125-138 count whole, includes USDA foods	15 lb	30 lb

### Notes

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

## Yield/Volume

50 Servings	100 Servings
About 12 lb apple filling	About 24 lb apple filling
1 gal, 2 qt, 1 cup/1 steam table pan	3 gal, 2 cup/2 steam table pans

## Directions

1. Preheat oven to 350 °F.
2. Wash, core, and dice apples into  $\frac{3}{4}$ " cubes.
3. Soak apples in mixture of lemon juice and water to keep from discoloring, if not using immediately.
  - a. For 50 servings: 1 gallon of water and 1 cup of lemon juice.
  - b. For 100 servings: 2 gallons of water and 2 cups of lemon juice.
4. Combine and mix cornstarch with equal parts water to make a slurry (this will be used to thicken apple mixture).
5. Drain water from apples if soaking.
6. Melt butter in steam jacket kettle over medium high heat. Add apples. Cook and stir for 2 minutes.
7. Add brown sugar and cinnamon and cook while stirring for 2 more minutes.
8. Add the slurry to the apple mixture and cook until the liquid thickens, about 2 minutes.
9. Remove the apple mixture from the heat and allow to cool for 5 minutes.
10. Place the desired number of wraps on clean, sanitized, prep table or sheet pans lined with parchment paper.
11. Using a No. 8 scoop, portion  $\frac{1}{2}$  cup of the apple mixture on the center of each tortilla.
12. Fold each tortilla in half, distributing the apple mixture evenly inside. Keep the mixture an inch from the edge of the tortilla to prevent spilling.
13. Arrange 9 filled tortillas on a parchment paper lined full size sheet tray.



14. Bake for 10 minutes in preheated oven, or until lightly browned. Allow to cool for 5 minutes.

15. While tortillas are in the oven make the glaze.

16. Add confectioners sugar, milk, and vanilla extract in a bowl and mix to combine.

17. Reserve the glaze to the side until ready to use.

18. Once tortillas have cooled for 5 minutes, cut in half and arrange in serving containers.

19. Drizzle 2 Tbsp of glaze on each tortilla and serve.

