

Chicken Kale Caesar Wrap

Prep: 1 Hour | Cook Time: No Cook

Fresh kale and Romaine lettuce tossed with creamy Caesar dressing, topped with diced chicken, and wrapped in a whole grain tortilla.

Serving Size: 1 wrap

Crediting Information: 1 wrap provides 2 oz eq meat/MA, 2 oz eq whole grain, and ½ cup dark green vegetables.

Source: Team Nutrition Training Grant for School Meal Recipe Development, Virginia Department of Education FY 21 Cohort A




Substitution: Spinach can be used for all or a portion of the kale.



Chef Tips:

To wash greens:

- Sanitize a large prep sink.
- Fill the sink ¾ full of cold water.
- Add greens and swirl them around a few times.
- Let sit for 5 minutes to allow sand and dirt to settle at the bottom of the sink.
- Lift the greens out of the water (without disturbing the sediment at the bottom of the sink) and drain in a salad spinner or perforated pan.
- Allowing greens to dry overnight allows them to rehydrate and become crisper. DO NOT allow greens to sit in water, as this will accelerate the spoiling process.

Ingredient	50 Servings Weight	50 Servings Measure	100 Servings Weight	100 Servings Measure
Kale, fresh, without stem 	2 lb 1 oz		4 lb 2 oz	
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	1qt ¾ cup	4 lb 12 oz	2 qt 1 ½ cups
Whole-grain tortilla, 9"		50 each		100 each
Chicken, diced, cooked, frozen USDA, thawed 	6 lb 4 oz		12 lb 8 oz	

Nutrition Information

Serving Size: 1 wrap

Nutrients	Amount
Calories	298
Total Fat	11 g
Saturated Fat	2 g
Cholesterol	42 mg
Sodium	399 mg
Total Carbohydrate	33 g
Dietary Fiber	4 g
Total Sugars	3 g
Added Sugars Included	N/A
Protein	17 g
Vitamin D	N/A
Calcium	114 mg
Iron	3 mg
Potassium	N/A

N/A = Data not available

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.

Marketing Guide

Food as Purchased for	50 Servings	100 Servings
Kale, fresh, with stem	2 lb 13 oz	5 lb 10 oz
Lettuce, fresh, Romaine, untrimmed	5 lb 2 oz	10 lb 4 oz

Notes

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

Cooking process #1: No cook

Yield/Volume

50 Servings	100 Servings
11 lb 9 oz chicken Caesar filling	23 lb 2 oz chicken Caesar filling
3 gal, 2 cup salad mixture and 1 gal, 2 qt, 1 cup diced chicken	6 gal, 1 qt salad mixture and 3 gal, 2 cup diced chicken

Directions

- Advanced preparation: The day prior to service, wash the kale and Romaine separately (refer to chef tips). Store in shallow, perforated containers overnight in the refrigerator to help drain and dry the greens. Make sure to have a container below the perforated pan to catch the water drippings.



- Thaw the chicken overnight in the refrigerator.
 - Critical Control Point: Hold for cold service at 41 °F or lower.



1. Remove stems from kale and Romaine. Then wash, drain, and thinly slice kale and Romaine.
**See the chef tip.*



2. Combine kale, Romaine, and dressing in a large bowl. Mix dressing into greens.

3. Place desired number of wraps on clean, sanitized, prep table or sheet pans lined with parchment paper.

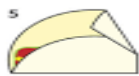
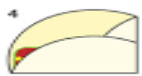
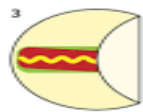
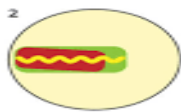
4. Using a No. 4 scoop, portion 1 cup of salad mixture onto the center of each tortilla.



5. Using a No. 12 scoop, portion 2 oz by weight (1/3 cup) of chicken on top of each salad mixture.



6. Roll in the form of a burrito and seal. Cut diagonally in half



7. Arrange open clamshells on prep table(s) and place one wrap in each shell. Close the clamshells.

