

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.

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.

Source:

CACFP Home Childcare 6-Serving Recipe Project

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



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CACFP Adult Portion Crediting Information

1 wrap provides ½ cup vegetable (¼ cup additional vegetable, ¼ cup other vegetable), 2 oz equivalent meat alternate, and 2 oz equivalent grains.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS Recommend to prepare and cook in batches of 25 servings
	Weight	Measure	Weight	Measure	
Ranch Dressing - USDA Recipe for CACFP, See Notes	1 lb	2 cups	2 lb	1 qt	<ol style="list-style-type: none"> 1 Prepare Ranch Dressing. See Ranch Dressing - USDA Recipe for CACFP 2 Press firm tofu for at least 30 minutes, drain and cut into ½ inch cubes. 3 Season tofu with chipotle spice. Refrigerate and let tofu marinate for 20 minutes. 4 Critical Control Point: Cool to 40 °F or lower within 4 hours.
Canola oil		¼ cup		½ cup	
Tofu	7 lb	1 gal 3 cups	14 lb	2 gal 1 qt 2 cups	
Salt free, chipotle spice		½ cup		1 cup	



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					5 Heat oil in a large skillet over medium high heat. Add marinated tofu and sauté 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.
*Fresh romaine lettuce, rinsed, drained, shredded	7 oz	1 qt 3 cups	14 oz	3 qt 2 cups	8 Combine ranch dressing, lettuce, bell peppers, onions, carrots, cucumbers in large bowl.
*Fresh green bell peppers, chopped	13 oz	2 ½ cups	1 lb 10 oz	1 qt 1 cup	9 Add tofu to vegetable mixture. Mix well.
*Fresh onions, chopped	15 oz	3 cups	1 lb 14 oz	1 qt 2 cups	10 Refrigerate until you are ready for step 13.
*Fresh carrots, sliced	13 oz	1 qt	1 lb 10 oz	2 qt	11 Critical Control Point: Cool to 40 °F or lower within 4 hours.
*Fresh cucumbers, diced	13 oz	2 cups	1 lb 10 oz	1 qt	



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Whole-grain tortillas, 8" (1 oz each)	3 lb 2 oz	50 each	6 lb 4 oz	100 each	<p>12 To prevent tortillas from tearing when folding, steam for 3 minutes until warm.</p> <p>OR</p> <p>Place tortillas on a sheet pan lined with parchment paper. Shingle tortillas into two rows and cover with parchment paper. Place in a warmer at 135 °F for at least 10 minutes.</p>
					13 Using a No. 8 scoop, portion ½ cup (about 4 oz) vegetable mixture onto the center of each tortilla.
					14 Fold the bottom of the tortilla up and over the filling.
					15 Fold in the outside edges so they nearly touch each other.
					16 As you roll the burrito forward, use the tips of your fingers to tuck and press the sides into a tight cylinder.
					17 Place 25 wraps seam side down on a sheet pan (18" x 26" x 1"). For 25 servings, use 2 pan. For 50 servings, use 4 pans.
					18 Critical Control Point: Hold at 40 °F or below.
					19 Serve 1 wrap.



NUTRITION INFORMATION

For 1 Wrap

NUTRIENTS	AMOUNT
Calories	322
Total Fat	11 g
Saturated Fat	2 g
Cholesterol	2 mg
Sodium	445 mg
Total Carbohydrate	36 g
Dietary Fiber	5 g
Total Sugars	5 g
Added Sugars included	N/A
Protein	18 g
Vitamin A	160 mcg RAE
Vitamin C	15 mg
Vitamin D	0 IU
Calcium	281 mg
Iron	4 mg
Potassium	151 mg
N/A=no data available.	

MARKETING GUIDE		
Food as Purchased for	25 Servings	50 Servings
Fresh onions	1 lb 1 oz	2 lb 2 oz
Fresh carrots	15 oz	1 lb 14 oz
Fresh romaine lettuce	10 oz	1 lb 4 oz
Fresh green bell peppers	1 lb 2 oz	2 lb 4 oz
Fresh cucumbers	13 oz	1 lb 10 oz

NOTES

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

Cooking Process #2: Same Day Service.

See Ranch Dressing - USDA Recipe for CACFP for ingredients and directions, <https://theicn.org/cnrb/>.

SOURCE:

CACFP Adult Portion Recipe Project



YIELD/VOLUME	
25 Servings	50 Servings
Vegetable mixture: About 12 lb 10 oz	Vegetable mixture: About 25 lb 4 oz
About 25 wraps/2 sheet pans (18" x 26" x 1")	About 50 wraps/4 sheet pans (18" x 26" x 1")

