

Curried Chicken Wraps

You can use curry powder in a variety of recipes. In this recipe, it adds a wonderful flavor to the familiar wrap.

Ages: 3–5 years

Makes: 6 servings

Prep time: 15 minutes

Cook time: 0 minutes



the INGREDIENTS

¼ cup Greek yogurt, non-fat, plain

¼ tsp curry powder

¾ cup (3 oz) chicken, boneless, skinless, cooked,
¼" diced

¾ cup + 2 Tbsp apples, fresh, unpeeled, ¼" diced
(gently wash apples under running water before
cutting)

¼ cup + 2 Tbsp raisins, golden

3 tortillas, whole-wheat (8" across, at least 42 g or
1 ½ oz each)

the DIRECTIONS

- 1.** Wash hands with soap and water for at least 20 seconds.
- 2.** In a medium bowl, combine yogurt and curry powder. Stir until well-blended.
- 3.** Using a rubber spatula, fold in chicken, apples, and raisins (see notes).
- 4.** Place ½ cup chicken salad in the center of each tortilla. Fold each side of tortilla in, then roll up.
- 5.** Place seam-side down on a cutting board and cut in half.
- 6.** Serve 1 half of wrap. Serve immediately, or keep cold at 40 °F or lower.

the

NUTRITION INFORMATION

1 half Curried Chicken Wrap

Nutrients	Amount
Calories	120

Total Fat	2 g
Saturated Fat	0 g
Cholesterol	11 mg
Sodium	164 mg
Total Carbohydrate	20 g
Dietary Fiber	2 g
Total Sugars	8 g
Includes Added Sugars	N/A
Protein	6 g

Vitamin D	N/A
Calcium	24 mg
Iron	0 mg
Potassium	N/A


N/A = Data not available

Source: Team Nutrition CACFP Easy Recipe Project

TeamNutrition.USDA.gov


the

CACFP CREDITING INFORMATION

¼ cup fruit
 ½ oz eq meat
 ¾ oz eq grains 

the

CHEF TIPS

- **Contains milk (yogurt) and wheat (tortillas).** Tortillas can be a hidden source of common allergens which include, milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- Sesame can appear as an ingredient in foods where it might not be expected (tortillas) and may be included in ingredient statements as “spice” or “flavoring.”
- **Choking Prevention:** Dried fruit can be a choking risk for children under the age of 4.
- Yogurt must not contain more than 23 grams of total sugars per 6 ounces.
- If preparing in advance, store chicken salad in an airtight container at 40 °F or lower until ready to assemble wraps.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.



Curried Chicken Wraps

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AGES: 3–5 years


PREP TIME: 1 hour

COOK TIME: 0 minutes

CACFP CREDITING INFORMATION

¼ cup fruit

½ oz eq meat

¾ oz eq grains 

SOURCE

Team Nutrition CACFP Easy Recipe Project

TeamNutrition.USDA.gov

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					1 Wash hands with soap and water for at least 20 seconds.
Greek yogurt, non-fat, plain	8 oz	1 cup	1 lb	2 cups	2 In a large bowl, combine yogurt and curry powder. Stir until well-blended.
Curry powder		1 tsp		2 tsp	
Chicken, boneless, skinless, cooked, ¼" diced	12½ oz	3¾ cups	1 lb 9 oz	1 qt + 2¼ cups	3 Using a rubber spatula, fold in chicken, apples, and raisins (see notes).

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Apples, fresh, unpeeled, cored, ¼" diced* (gently wash apples under running water before cutting)	15 oz	3⅔ cups	1 lb 14 oz	1 qt + 3⅔ cups	
Raisins, golden	8½ oz	1½ cups + 1 Tbsp	1 lb 1 oz	3 cups + 2 Tbsp	
Tortillas, whole-wheat (8" across, at least 42 g or 1½ oz each)	18¾ oz (at least 525g)	12½	37½ oz (at least 1050 g)	25	4 Place ½ cup (#8 scoop) chicken salad in the center of each tortilla. Roll tortillas like a burrito.
					5 Place seam-side down on a cutting board and cut in half.
					6 Serve 1 half wrap. Serve immediately, or keep cold at 40 °F or lower.

*See Marketing Guide

NUTRITION INFORMATION

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*MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Apples, fresh	1 lb ½ oz	2 lb 1 oz

NOTES

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WEIGHT/YIELDS

25 Servings	50 Servings
4 lb	7 lb 15 oz
25 Curried Chicken Wrap halves	50 Curried Chicken Wrap halves