



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
1½ 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

$\frac{1}{4}$ cup fruit
 $\frac{1}{2}$ oz eq meat
 $\frac{3}{4}$ 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

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

PREP TIME: 1 hour

COOK TIME: 0 minutes

CACFP CREDITING INFORMATION

1/4 cup fruit

1/2 oz eq meat

3/4 oz eq grains 

SOURCE

Team Nutrition CACFP Easy Recipe Project

TeamNutrition.USDA.gov

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Greek yogurt, non-fat, plain	8 oz	1 cup	1 lb	2 cups	1 Wash hands with soap and water for at least 20 seconds.
Curry powder		1 tsp		2 tsp	2 In a large bowl, combine yogurt and curry powder. Stir until well-blended.
Chicken, boneless, skinless, cooked, 1/4" diced	12½ oz	3½ cups	1 lb 9 oz	1 qt + 2½ 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, $\frac{1}{4}$ " diced* (gently wash apples under running water before cutting)	15 oz	3 $\frac{2}{3}$ cups	1 lb 14 oz	1 qt + 3 $\frac{1}{3}$ cups	
Raisins, golden	8 $\frac{1}{2}$ oz	1 $\frac{1}{2}$ cups + 1 Tbsp	1 lb 1 oz	3 cups + 2 Tbsp	
Tortillas, whole-wheat (8" across, at least 42 g or 1 $\frac{1}{2}$ oz each)	18 $\frac{3}{4}$ oz (at least 525g)	12 $\frac{1}{2}$	37 $\frac{1}{2}$ oz (at least 1050 g)	25	<p>4 Place $\frac{1}{2}$ cup (#8 scoop) chicken salad in the center of each tortilla. Roll tortillas like a burrito.</p> <p>5 Place seam-side down on a cutting board and cut in half.</p> <p>6 Serve 1 half wrap. Serve immediately, or keep cold at 40 °F or lower.</p>

*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 25 Curried Chicken Wrap halves	7 lb 15 oz 50 Curried Chicken Wrap halves

