

Cranberry Salsa Chicken Wrap

A recipe for every season.

1 wrap provides

1 ½ oz. grains
equivalent

2 oz. meat
equivalent

⅛ cup fruit

⅛ cup dark green
vegetables





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Yield: 48 servings

Serving Size: 1 wrap

Prep Time: 45 minutes

Cook Time: 25 minutes

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INGREDIENTS

WEIGHT

MEASURE

DIRECTIONS

Cranberry Salsa* (1 1/2 qt.)

Oil, vegetable		1 Tbsp.
Sweet onions, minced	15 oz.	3 cups
Dried sweetened cranberries	15 oz.	3 cups
Canned pears in juice, drained, diced	10 oz.	2 cups
Reserved canned pear juice		2 cups
Vinegar, cider		1/4 cup
Ground red pepper		1/4 tsp.
Cilantro, fresh, minced		1 cup
Whole-grain wraps, 8-inch		48 wraps
Mayonnaise, low-fat		3 cups
Shredded romaine lettuce	1 1/2 lb.	3 qt.
Sliced/shredded cooked chicken meat	6 lb.	
Cranberry Salsa*		1 1/2 qt.

1. In a sauce pan, heat oil over medium-high heat; add onions and sauté for 2 minutes, making sure not to brown. Stir in cranberries, pears, pear juice, vinegar and red pepper and bring to a boil; reduce heat and simmer 20 minutes or until glazed.

2. Remove from the heat and stir in cilantro. Bring to room temperature. Cover and refrigerate until ready to serve.

3. For each sandwich, lay out wrap on a clean, flat, dry surface. Spread each wrap with 1 Tbsp. mayonnaise. Top with 1/4 cup lettuce, 2 oz. chilled chicken meat and 2 Tbsp. Cranberry Salsa*. Fold up and secure. Cut in half and seal. Keep chilled until ready to serve.

COOLING: CCP: Cool to 70°F or lower within 2 hours and from 70°F to 40°F within 4 more hours. Place in shallow pans with a product depth of 2 inches or less and refrigerate or place shallow pans of product into ice bath, immerse pans into ice up to product level and stir frequently. Cover and label product.

SANITATION INSTRUCTIONS: Wash hands and exposed parts of arms before handling food, after handling raw foods and after any interruption that may contaminate hands. Wash, rinse and sanitize all equipment and utensils before and after use. Return all ingredients to refrigerator if preparation is interrupted. Measure all internal product temperatures with a cleaned and sanitized thermocouple or thermometer every 2 hours. Thaw frozen product properly using an FDA recommended method.

SERVING: 1 wrap provides 1 1/2 oz. grains equivalent, 2 oz. meat equivalent, 1/8 cup fruit, 1/8 cup dark green vegetables

NUTRIENTS PER SERVING:

Calories 321 kcal	Saturated Fat 2.41 g	Cholesterol 50.75 mg	Carbohydrate 31.27 g	Protein 20.73 g	Calcium 115.60 mg	Vitamin A 52.68 RE (1315.84 IU)
Total Fat 12.03 g	Trans Fat 0 g	Sodium 498.74 mg	Dietary Fiber 3.84 g	Vitamin C 1.27 mg	Iron 1.92 mg	6.75% Calories from Saturated Fat

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