



# Marinated Chicken and Asparagus Wrap

Marinated chicken and fresh vegetables with spicy flavors served in a whole grain-rich tortilla.

**Recipe Project Name:** Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development  
*Pennsylvania Department of Education*

**Preparation Time:** 1 hour 30 minutes

**Cook Time:** 15 minutes

**NSLP/SBP crediting information:**

1 wrap provides 3 oz equivalent meats/meat alternates, 2 oz equivalent grains, 1/8 cup dark green vegetable, 1/4 cup other vegetable, 1/8 cup additional vegetable.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Lime juice	2 oz	1/4 cup	4 oz	1/2 cup	<b>1.</b> Combine lime juice, chile powder, garlic powder, mustard powder, cumin, black pepper, and brown sugar in a 4-inch deep hotel pan.
Chile powder	3 oz	1 1/3 cups	6 oz	2 2/3 cups	
Garlic powder	1 1/2 oz	1/2 cup 2 1/2 Tbsp	3 oz	1 1/4 cup 1 Tbsp	
Mustard powder		2 Tbsp		1/4 cup	
Cumin, ground	1 oz	1/4 cup	2 oz	1/2 cup	



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Black pepper, ground		1 Tbsp		2 Tbsp	
Brown sugar	1 ½ oz	3 Tbsp	3 oz	¼ cup 2 Tbsp	
Chicken strips, unbreaded, cooked, frozen, thawed	9 lb 6 oz		18 lb 12 oz		<p><b>2.</b> Add chicken breast strips to lime juice mixture. Mix well, cover, refrigerate, and let sit for at least 1 hour and up to 24 hours.</p> <p><b>Critical Control Point:</b> Cool to 41 °F or lower within 4 hours.</p>
*Asparagus, fresh, trimmed, ½ inch pieces	7 lb 6 oz		14 lb 12 oz		<p><b>3.</b> Preheat convection oven to 350 °F.</p> <p><b>4.</b> Toss the asparagus with vegetable oil. Place in a single layer on sheet trays and place in oven for 8 minutes. When done cooking, cool in refrigerator.</p> <p><b>Critical Control Point:</b> Cool to 41 °F or lower within 4 hours.</p>
Oil, vegetable		¼ cup		½ cup	
Baby spinach, fresh leaves, ready-to-use	2 lb 6 oz		4 lb 12 oz		
10-inch whole grain-rich tortillas	6 lb 4 oz	50 each	12 lb 8 oz	100 each	<p><b>5.</b> Inside each tortilla place ¾ cup of baby spinach, 3 oz chicken, and ¼ cup asparagus. Roll the tortillas tightly.</p> <p><b>Critical Control Point:</b> Hold for cold service at 41 °F or lower.</p>



## MARINATED CHICKEN AND ASPARAGUS WRAP

### NUTRITION INFORMATION

For 1 wrap

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>323</b>
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<b>Total Fat</b>	<b>9 g</b>
Saturated Fat	2 g
Cholesterol	63 mg
<b>Sodium</b>	<b>310 mg</b>
<b>Total Carbohydrate</b>	<b>36 g</b>
Dietary Fiber	6 g
Total Sugars	4 g
Added Sugars included	2 g
<b>Protein</b>	<b>25 g</b>
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Vitamin A	N/A
Vitamin C	N/A
Vitamin D	0 IU
Calcium	97 mg
Iron	5 mg
Potassium	448 mg

N/A=data not available.

### \*MARKETING GUIDE

Food as Purchased for	50 Servings	100 Servings
Asparagus	14 lb 12 oz	29 lb 8 oz

### NOTES

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

Asparagus size will vary based on region, type, and other factors. Consult with your produce supplier regarding the specification of the asparagus you will be purchasing. If product is larger than standard size, stalks may need to be cut in half lengthwise as well.

Cooking Process #2: Same Day Service

### YIELD/VOLUME

50 Servings	100 Servings
50 wraps About 26 lb 8 oz	100 wraps About 53 lb

### SOURCE:

FY 2021 Cohort A Team Nutrition Training Grant