

Tortilla Roll-Up

Meat-Grains/Breads

Sandwiches

F-07

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Flour tortilla, 8-inch (1.8 oz each)	1 lb 7 oz	13 each	2 lb 14 oz	26 each	1. Sprinkle 1/4 cup (1 oz) of shredded cheese on each tortilla.
Monterey Jack cheese, shredded	13 oz	3 1/4 cups	1 lb 10 oz	1 qt 2 1/2 cups	
Chicken or turkey, cooked, diced	1 lb 9 oz	1 qt 2 cups	3 lb 2 oz	3 qt	2. In a bowl, combine chicken or turkey, salsa, onions, and red pepper (optional). Spread 1/2 cup (3 1/2 oz) of chicken or turkey mixture on tortilla. Roll tortilla, like a jelly-roll.
Mild salsa, chunky	1 lb 3 oz	2 cups	2 lb 6 oz	1 qt	
*Onions, minced OR		1 Tbsp 2 tsp		3 Tbsp 1 tsp	3. Place 13 rolled tortillas in each steamtable pan (12" x 20" x 2 1/2"). Cover with foil.
Dehydrated onion flakes		3/4 tsp		1 1/2 tsp	
*Red bell pepper, seeded, minced (optional)		1/2 cup	4 oz	1 cup	
					4. To Bake: Conventional Oven: 375 degrees F, 15 minutes Convection Oven: 325 degrees F, 15 minutes
					CCP Heat to 165 degrees F or higher for at least 15 seconds.
					5. Cut each tortilla in half to serve.
					6. Refrigerate until ready to serve.
*See Marketing Guide					

Marketing Guide

Food as Purchased	For 25 Svgs	For 50 Svgs
Onions	1 oz	2 oz
Red pepper	3 oz	5 oz

SERVING:	YIELD:	VOLUME:
1 roll-up (1/2 filled tortilla) provides 1 1/2 oz of cooked poultry and the equivalent of 1 slice of bread	25 Servings: 5 lb	25 Servings:
	50 Servings: 10 lb	50 Servings:

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Special Tip:

1. For a colorful topping, place on each roll-up 1 Tbsp lowfat yogurt, 1/2 oz shredded lettuce, and 1/2 oz diced tomatoes.
2. Attractive garnishes include fresh apple slices, grapes, and orange slices.

Nutrients Per Serving					
Calories	198	Saturated Fat	3.6 g	Iron	1.5 mg
Protein	14 g	Cholesterol	37 mg	Calcium	158 mg
Carbohydrate	16 g	Vitamin A	47 RE/297 IU	Sodium	284 mg
Total Fat	8.3 g	Vitamin C	4 mg	Dietary Fiber	1 g