

# Fajita Chicken Wrap

Main Dish

HACCP Process Category 2

Iowa Gold Star Recipe

| Ingredients  | 100 Servings |              | ____ Servings |         | Directions   |
|--|--------------|--------------|---------------|---------|--|
|  | Weight       | Measure      | Weight        | Measure |  |
| Cornstarch   |              | ½ cup        |               |         | <ol style="list-style-type: none"> <li>1. Dissolve the cornstarch in the vegetable stock.</li> <li>2. Heat over medium heat until thickened. Cool.</li> <li>3. Add the oil to the cooled, thickened stock mixture.</li> <li>4. Combine the vinegar, sugar, pepper, granulated garlic, chili powder, cumin, and oregano in a bowl. Whisk into the stock mixture.</li> <li>5. Pour marinade over the sliced chicken. Marinate overnight in the refrigerator.<br/><br/><b>CCP: Hold at or below 41°F during marinating phase.</b></li> <li>6. Drain the chicken. Discard any leftover marinade. Prepare no more than 50 portions (9 pounds) per batch.</li> <li>7. Preheat grill to 350°F. Add sliced chicken and sauté about 10 minutes. Sauté remaining chicken.</li> </ol> |
| Vegetable stock, non-MSG, low-sodium               |              | 1 qt         |               |         |  |
| Vegetable oil                                      |              | 1 qt         |               |         |  |
| White vinegar                                      |              | 1 qt         |               |         |  |
| Sugar  | 1 lb 8 oz    | 3 cups       |               |         |  |
| Ground black or white pepper                       |              | 2 Tbsp 2 tsp |               |         |  |
| Granulated garlic                                  |              | 2 Tbsp 2 tsp |               |         |  |
| Chili powder                                       |              | ¼ cup        |               |         |  |
| Ground cumin                                       |              | 2 ½ tsp      |               |         |  |
| Dried oregano                                      |              | 1 Tbsp 1 tsp |               |         |  |
| Chicken breast, raw, boneless, skinless, ½” slices | 18 lb        |              |               |         |  |

|  |   |  |  |  |   |
|--|---|--|--|--|---|
| Corn, canned, low sodium, liquid pack whole-kernel, drained<br><i>Or</i><br>Corn, frozen, whole-kernel | 4 lb 4 oz<br><br><i>Or</i><br>4 lb 4 oz | 2 qt 2 cups (1 No.10 can)<br><br><i>Or</i><br>3 qt ½ cup |  |  | <p><b>CCP: Cook to internal temperature of 165°F or higher for at least 15 seconds.</b></p> <p>8. Remove to steam table pan (12" x 20" x 2 ½"). Use 2 pans for 100 servings.</p> <p>9. Combine corn, onions, green peppers, canned tomatoes, and salsa in pot. Cook mixture over low heat until vegetables are heated thoroughly, about 5 minutes. Add to cooked chicken.</p> <p><b>CCP: Heat to 165°F or higher for at least 15 seconds.</b></p> <p>10. Place No. 8 scoop (1/2 cup) of filling in the middle of each tortilla. Fold bottom-half of tortilla over chicken mixture. Fold in each side of tortilla followed by folding down top half of tortilla. If desired, cut wrap in half diagonally.</p> <p><b>CCP: Hold for hot service at 135°F or higher.</b></p> <p>Notes:</p> <ul style="list-style-type: none"> <li>Onions – 1 lb 12 oz food as purchased.</li> <li>Green peppers – 1 lb 6 oz food as purchased.</li> </ul> |
| Onions, diced  | 1 lb 8 oz                               | 1 qt   |  |  |   |
| Green peppers, diced   | 1 lb                                    | 3 ¼ cup  |  |  |   |
| Canned diced tomatoes, drained, low-sodium   | 2 lb                                    | 3¾ cup (½ No.10 can)                                     |  |  |   |
| Salsa, canned  | 2 lb                                    | 3 ¾ cup  |  |  |   |
| Flour tortillas, whole grain, 8 "  |   | 100 each   |  |  |   |

| Serving Size | 1 Serving Provides   | Yield        |
|--------------|--|--------------|
| 1 wrap       | 2 equivalent meat/meat alternate, ¼ c of vegetables, and 1 serving of grains/breads. | 100 servings |

### Nutrients Per Serving

|               |      |                 |        |             |        |
|---------------|------|-----------------|--------|-------------|--------|
| Calories      | 340  | Vitamin A       | 286 IU | Iron        | 2 mg   |
| Protein       | 19 g | Vitamin C       | 6.5 mg | Calcium     | 121 mg |
| Carbohydrate  | 34 g | Dietary Fiber   | 4 g    | Cholesterol | 40 mg  |
| Fat           | 14 g | % Fat           | 37 %   | Sodium      | 440 mg |
| Saturated Fat | 3 g  | % Saturated Fat | 8 %    |             |        |