

Tortilla Roll-Up

Meat/Meat Alternate-Grains/Breads

Sandwiches

F-07

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Reduced fat Monterey Jack cheese, shredded	12 oz	3 cups	1 lb 8 oz	1 qt 2 cups	1. Sprinkle 1 oz (¼ cup) of shredded cheese on each tortilla.
Enriched flour tortilla, 8-inch (at least 1.8 oz each)		12 each		24 each	
*Cooked chicken or turkey, chopped	1 lb 10 oz	1 qt 2 cups	3 lb 4 oz	3 qt	2. In a bowl, combine chicken or turkey, salsa, onions, and red pepper (optional). Spread 3 ½ oz (½ cup) of chicken or turkey mixture on tortilla. Roll tortilla like a jelly-roll.
Mild salsa, chunky	14 ¼ oz	1 ½ cups	1 lb 12 ½ oz	3 cups	
*Fresh onions, chopped OR Dehydrated onions		1 Tbsp 2 tsp OR ¾ tsp		3 Tbsp 1 tsp OR 1 ½ tsp	
*Fresh red bell pepper, seeded, minced (optional)	2 oz	½ cup	4 oz	1 cup	
					3. Place 6 rolled tortillas in each pan (9" x 13" x 2") which has been lightly coated with pan release spray. For 24 servings, use 2 pans. For 48 servings, use 4 pans. Cover with foil.
					4. Bake: Conventional oven: 375° F for 15 minutes Convection oven: 325° F for 15 minutes CCP: Heat to 165° F or higher for at least 15 seconds.
					5. Cut each tortilla in half. CCP: Hold for hot service at 135° F or higher. Portion is 1 roll up (½ filled tortilla).

Tortilla Roll-Up

Meat/Meat Alternate-Grains/Breads

Sandwiches

F-07

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	24 Servings	48 Servings
Chicken, whole, without neck and giblets OR	4 lb 9 oz OR	8 lb 12 oz OR
Turkey, whole, without neck and giblets	3 lb 8 oz	6 lb 12 oz
Mature onions	1 oz	2 oz
Red bell pepper (optional)	3 oz	6 oz

SERVING:

1 roll-up (½ filled tortilla) provides 1 ½ oz of cooked lean meat and the equivalent of 1 slice of bread.

YIELD:

24 Servings: 5 lb
48 Servings: 10 lb

VOLUME:

24 Servings: 24 half tortillas
48 Servings: 48 half tortillas

Edited 2004

Special Tips:

- 1) For a colorful topping, place 1 Tbsp lowfat yogurt, ½ oz shredded lettuce, and ½ oz diced tomatoes on each roll-up.
- 2) Attractive garnishes include fresh apple slices, grapes, and orange slices.

Nutrients Per Serving

Calories	182	Saturated Fat	2.96 g	Iron	1.61 mg
Protein	14.93 g	Cholesterol	36 mg	Calcium	131 mg
Carbohydrate	14.12 g	Vitamin A	184 IU	Sodium	286 mg
Total Fat	6.95 g	Vitamin C	0.7 mg	Dietary Fiber	1.0 g