Roasted Vegetable Wrap with Hummus

Recipe: R-5862 **HACCP Process:** Same Day Service

of Servings: 50.00 Serving Size: 1 Wrap Source: Queen Com. AZ

Grams Per Serving: 261.69 Oz. per Serving 9.23 Meal Components: 2 oz. eq. whole grain, 1 oz. eq. meat/meat alt, 3/8 cup other vegetables, 1/8

cup red/orange vegetables.

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Ingredients	Measurements	Directions			
Fresh Sliced Mushrooms, RTU	3 LB + 4 OZ	1. Ingredients:			
Squash, summer, all varieties, raw	3 LB + 8 OZ				
Fresh Fajita Blend Peppers & Onions	4 LB				
Canola Oil	1/2 CUP				
Garlic Powder	3 TBSP				
Black Pepper	3 TBSP GROUND				
Spices, Salt, kosher,	1 TBSP				
Tortilla, Wheat, 10in, 2 wgr	50 TORTILLAS 10"				
Hummus, commercial	9 LB + 6-1/3 OZ				
Carrots, raw, shredded.	1 QUART GRATED + 2 CUP GRATED + 1/4 CUP GRATED				
		Day of Service: Pre-Prep: Clean and sanitize workstation.			
		Prep: Pull all equipment needed and place it on the workstation. Turn on convection oven to 350° to pre-heat.			
		Pull spices and make spice mixture. Set it aside.			
		CCP: Wash hands for 20 seconds in a hand sink, dry properly, and put on gloves before beginning preparation. Repeat process as often as needed per HACCP guidelines.			
		 Prep: Pull all produce for roasting. Wash as necessary if produce is not RTU: Ready to Use. 			
		Wash your hands thoroughly and put on gloves.			
		Cut top and bottom off zucchini. Cut each into long thin strips. In large bowl, mix sliced mushrooms, zucchini, peppers, and onions together. Toss vegetables with spice mixture, add oil, and toss again to mix well.			
		Place mixed seasoned vegetables on two lined sheet pans in one even layer. Do not overcrowd the pan or the vegetables will steam and not roast.			
		CCP: Prepare food at room temperature in two hours or less.			
		 Cook: Roast the vegetables at 350°F for 15-20 minutes or until veggies are softened and start to caramelize. 			
		CCP: Heat until an internal temperature reaches 140°F for 15 seconds.			
		 Chill: Place roasted vegetables in shallow food storage containers. Cover, label, and date. Cool until the vegetables are held at under 40°F. 			
		CCP: Cool hot cooked food from above 135°F to 70°F or lower within two hours			

6. Prep:
Once the roasted vegetables are chilled below 40° F, toss together with lettuce and shredded carrots.
Place tortillas on a clean surface, board or pan.
Place 3 oz hummus on the bottom half of each tortilla and spread evenly using a flat spatula.
Add ½ cup vegetable on top of hummus.
Wrap, cut in half, cover, and date.
Place in cooler and hold for service.

7. Serve: 1 whole wrap.
Each wrap provides 1 oz. eq. meat/meat alternate, ½ cup other vegetables and 2 oz. eq. whole grain.

Notes:

Production Notes:

Note: you can now purchase fresh sliced mushrooms (whites or browns) as well as fresh sliced onions and peppers, mixed together or separate.

You can also substitute frozen USDA pepper and onion blend.

To add additional protein, consider adding cheese to the wrap or serving it with a cup of yogurt or a cheese stick.

Season to suit your population, add some heat or use fresh herbs!

Hummus: if making your own, use your meat/meat alternative calculation. For this, most "school targeted" hummus provides 1 oz. eq. meat/meat alt. per 3-ounce portion.

All other calculations were done on the Food Buying Guide Shopping List.

Serving Notes:

Serve: 1 whole wrap.

Each wrap provides 1 oz. eq. meat/meat alternate, ½ cup other vegetables and 2 oz. eq. whole grain.

Each wrap weighs 261.69 grams or 9.23 ounces raw weight

Nutrients Per	Serving:					
Calories	349.248	Trans Fat (gm)	0.009*	Iron (mg)	3.869	
Protein (gm)	13.906	Chol (mg)	0.000	Calc (mg)	128.474	
Carb (gm)	47.121	Vit A (IU)	2402.108*	Sodium (mg)	660.856	
Tot Fat (gm)	13.628	Vit C (mg)	6.833*	Fiber (gm)	10.686	
Sat Fat (gm)	2.929			Sugars (gm)	2.014*	
Note: * means nutrient data is missing or not available						

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Meal Components:	(P	er 1 Wrap)					
Vegetables (Cups)							
Fruit (Cups)	Dark Green	Red/Orange	0.125	Beans/Peas	Starchy	Other 0.375	
Whole Grain- Rich (Oz. E	Eq.) 2.000	Enriched Grain (Oz. Eq	ı.)	Meat/Alt (Oz. Eq.)	1.000	Fluid Milk (Cups)	

Allergens

Wheat

CCP: Time/temp of each batch of product will be recorded on TPHC sheet when the product has been removed from the oven, steamer, stovetop or refrigeration. Products that were placed in hot holding will be removed from the hot holding cabinet and placed on serving line as close to service as possible.

Product not used within 4 hours from when it was removed from the oven will be discarded.