Bok Choy Wrappers

Meal Components: Meat-Dark Green Vegetable-Fruit-Grains **Sandwiches F-11r**

Ingredients	50 Servings		100 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Water		1 gal 2 qt		3 gal	1. Boil water.
Brown rice, long-grain, regular, dry	5 lb	3 qt ½ cup	10 lb	1 gal 2 ¼ qt	2. Place 2 lb 8 oz brown rice in each steam table pan (12″ x 20″ x 2 ½″). For 50 servings, use 2 pans. For 100 servings, use 4 pans. 3. Pour water (3 qt per steam table pan) over brown rice. Stir. Cover pans tightly.
					4. Bake: Conventional oven: 350 °F for 40 minutes Convection oven: 325 °F for 40 minutes 5. Remove from oven and let stand covered for 5 minutes.
*Fresh bok choy, sliced ¼″	3 lb 6 oz	1 gal	6 lb 12 oz	2 gal	6. Combine brown rice, bok choy, pineapple, chicken, sweet and sour sauce, and soy sauce. Pour into steam table pans (12″ x 20″ x 2 ½″). For 50 servings, use 2 pans. For 100 servings, use 4 pans.
Canned pineapple tidbits, in 100% juice	6 lb 10 oz	3 qt (1 No. 10 can)	13 lb 4 oz	1 gal 2 qt (2 No. 10 cans)	
Frozen, cooked chicken strips, thawed	6 lb 2 oz	1 gal 2 qt	12 lb 4 oz	3 gal	
Sweet and sour sauce		1 qt 2 cups		3 qt	
Low-sodium soy sauce		2 Tbsp		¼ cup	
					7. Bake: Conventional oven: 350 °F for 30 minutes Convection oven: 350 °F for 20 minutes Critical Control Point: Heat to 165 °F or higher for at least 15 seconds. 8. Critical Control Point: Hold for hot service at 135 °F or higher.
*Fresh romaine lettuce, outer leaves, rinsed, dry	5 lb	100 leaves	10 lb	200 leaves	9. Top each romaine lettuce leaf with a 6 fl oz spoodle (¾ cup) of filling. Optional: garnish with diced red peppers. Fold sides of lettuce in toward center; roll up like burrito. Place seam side down. Serve immediately.
					10. Serve 2 wraps.

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

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Notes

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

Students can assemble their own lettuce wraps. Portion 1 ½ cups filling alongside 2 romaine lettuce leaves.
May also serve over a bed of romaine lettuce.

Extra lettuce leaves can be used for making salads.

Serving	Yield	Volume
Two wraps provide 1 oz equivalent meat, ¾ cup dark green vegetable, ⅛ cup fruit, and 1 ½ oz equivalent grains. One wrap provides ½ oz equivalent meat, ⅜ cup dark green vegetable, and ¾ oz equivalent grains.	50 Servings: about 27 lb (filling) about 5 lb (Romaine lettuce)	50 Servings: about 3 gallons 1 ½ quarts (filling) about 3 quarts (Romaine lettuce) 100 wraps
	100 Servings: about 54 lb (filling) about 10 lb (Romaine lettuce)	100 Servings: about 6 gallons 3 quarts (filling) about 6 quarts (Romaine lettuce) 200 wraps

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Marketing Guide

Food as Purchased for	50 servings	100 servings
Bok choy	4 ½ lb	9 lb
Romaine lettuce	8 lb	16 lb

Nutrients Per Serving (2 wraps)

Calories	376.10	Saturated Fat	2.32 g	Iron	2.20 mg
Protein	12.83 g	Cholesterol	22.64 mg	Calcium	71.00 mg
Carbohydrate	56.18 g	Vitamin A	4449.94 IU (223.51 RAE)	Sodium	376.84 mg
Total Fat	11.15 g	Vitamin C	27.55 mg	Dietary Fiber	5.22 g