

Idaho Child Nutrition Programs

Recipe: 000143 Cilantro Pork Salad Wrap 9-12

Recipe Source: Chef Brenda
 Recipe Group: ENTREES

Alternate Recipe Name:
 Number of Portions: 100
 Size of Portion: 1 Salad Wrap

Recipe HACCP Process: #2 Same Day Service

902436 Tomatoes, Diced, No Salt Added, Canned, USDA..... 011251 LETTUCE, COS OR ROMAINE, RAW..... 050341 CHEESE, MOZZARELLA, LMPS, FROZEN, LOAVES.....	1 # 10 CAN 6 1/2 LB 3 1/2 LB	Prepare Ingredients: Drain tomatoes. Chop lettuce into bite-sized pieces. Shred mozzarella cheese.
050523 TORTILLA, WHOLE GRAIN, FROZEN.....	100 tortilla (56g)	Warm Tortillas: Place a piece of parchment paper in a deep steam table pan. Wet two paper towels with water and make into a ball; place paper towel ball underneath the parchment paper in a corner of the steam table pan. Place tortillas in the steam table pan by staggering them on top of each other in groups of 12-15. Cover the pan with foil, place in warmer, and heat for 2 hours.
799902 CUMIN, GROUND..... 050451 RICE, LONG GRAIN, BROWN, COOKED, WITHOUT SALT.....	1/4 CUP 12 1/2 CUP	Cook Rice: Add cumin (for rice) and cook rice according to package directions. NOTE: Rice quantity in recipe is for amount of cooked rice needed. Use your rice package label to determine the correct amount of raw rice to prepare. For tender rice, do not add salt to rice during cooking, even when the package directions call for it.
050545 BEANS, CANNED, PINTO, WHOLE, LOW-SODIUM..... 799902 CUMIN, GROUND.....	1 1/2 #10 Can 1/4 CUP	Prepare Beans: In a large stock pot, bring undrained pinto beans, drained diced tomatoes, and cumin (for beans) to a boil. Reduce heat and simmer for 20 minutes. Drain juices before adding to salad wraps. NOTE: This mixture is bland by itself but it is delicious when topped with the cilantro dressing.

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902443 Seasoned Pork, Cuban, USDA Foods.....	16 LB + 13 OZ	Prepare Pork: Follow manufacturer's instructions to heat pork. Pork is done when it reaches 145°F.
902365 Cilantro, Fresh (1/4 cup = .1oz)..... 004582 VEGETABLE OIL,CANOLA..... 009161 LIME JUICE,CND OR BTLD,UNSWTND..... 050355 ORANGE JUICE, FROM CONCENTRATE, PASTEURIZED,.... 002047 SALT, TABLE..... 002020 GARLIC POWDER.....	1 CUP 1 QT 3 CUP 3 CUP 1 TBSP 2 TBSP	Prepare Dressing: In a blender or food processor, puree cilantro (stems included), vegetable oil, lime juice, orange juice, salt, and garlic powder. NOTE: Dressing can be made the day before. Store in refrigerator.
050540 SALSA, LOW-SODIUM, CANNED.....	1 #10 CAN	Assemble Dish: Place warm tortilla on tray. Top with ½ cup lettuce, 2.69 oz. pork, ? cup rice, ? cup beans, 2 tbsp. salsa, ½ oz. cheese, and 1 ½ tbsp. dressing.

*Nutrients are based upon 1 Portion Size (1 Salad Wrap)

Calories	503 kcal	Cholesterol	80.13 mg	Protein	35.65 g	Calcium	*267.88* mg	39.93%	Calories from Total Fat
Total Fat	22.32 g	Sodium	878.78 mg	Vitamin A	*148.32* RE	Iron	*3.96* mg	9.33%	Calories from Saturated Fat
Saturated Fat	5.21 g	Carbohydrates	39.43 g	Vitamin A	*2929.96* IU	Water ¹	*34.78* g	*0.06%*	Calories from Trans Fat
Trans Fat ¹	*0.04* g	Dietary Fiber	7.19 g	Vitamin C	*9.89* mg	Ash ¹	*0.42* g	31.35%	Calories from Carbohydrates
								28.34%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - denotes optional nutrient values

<u>Miscellaneous</u>	<u>Attributes</u>	<u>Allergens Present</u>	<u>Allergens Absent</u>	<u>Allergens Unidentified</u>
Meat/Alt..... 2.000 oz				? - Milk
Grain..... 2.000 oz				? - Egg
Fruit..... cup				? - Peanut
Vegetable..... 0.625 cup				? - Tree Nut
Milk..... cup				? - Fish
Moisture & Fat Change				? - Shellfish
Moisture Change. 0%				? - Soy
Fat Change..... 0%				? - Wheat
Type of Fat.....				

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Recipe

Jan 22, 2013

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	902436	Tomatoes, Diced, No Salt Added, Canned, USDA			
I	011251	LETTUCE, COS OR ROMAINE, RAW			
I	050341	CHEESE, MOZZARELLA, LMPS, FROZEN, LOA			
I	050523	TORTILLA, WHOLE GRAIN, FROZEN			
I	799902	CUMIN, GROUND			
I	050451	RICE, LONG GRAIN, BROWN, COOKED, WITH			
I	050545	BEANS, CANNED, PINTO, WHOLE, LOW-SODI			
I	799902	CUMIN, GROUND			
I	902443	Seasoned Pork, Cuban, USDA Foods			
I	902365	Cilantro, Fresh (1/4 cup = .1oz)			
I	004582	VEGETABLE OIL, CANOLA			
I	009161	LIME JUC, CND OR BTLD, UNSWTND			
I	050355	ORANGE JUICE, FROM CONCENTRATE, PAS			
I	002047	SALT, TABLE			
I	002020	GARLIC POWDER			
I	050540	SALSA, LOW-SODIUM, CANNED			

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