

Chicken Salad Wrap



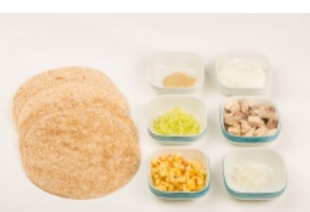
Recipe Rating	
Total Time	40 Minutes
Cooking Time	None
Total Labour	40 Minutes
Knife Skills	Basic

Equipment
Chef's knife/Peeler/Cutting Board
Spatula
Mixing Bowl or Pan
½ size- 2" deep production pans

Nutrition Facts	
Valeur nutritive	
Per 1 serv (118g) / par 1 serv (118g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories	200
Fat / Lipides 6g	10%
Saturated / satures 2g	
+ Trans / trans 0g	10%
Cholesterol / Cholesterol	35mg
Sodium / Sodium	85mg
	4%
Carbohydrate / Glucides	22g
	7%
Fibre / Fibres 5g	20%
Sugars / Sucres 4g	
Protein / Proteines	15g
Vitamin A / Vitamine A	
Vitamin C / Vitamine C	2%
Calcium / Calcium	8%
Iron / Fer	10%

	25 Portions		50 Portions	
	Metric	Standard	Metric	Standard
Chicken, Breast Strips, Cooked	1 Kg	2.2 Lbs	2 Kg	4.4 Lbs
Apples, Fresh, Diced	370 gm	13.1 oz	740 gm	1.6 Lbs
Onions, Fresh, Diced	50 gm	1.8 oz	100 gm	3.6 oz
Celery, Fresh, Diced	150 gm	5.3 oz	300 gm	10.6 oz
Yogurt, Plain	400 mL	13.5 fl oz	800 mL	27 fl oz
White Pepper	1.5 mL	¼ tsp	2 mL	½ tsp
Tortilla, Flour	25 each	25 each	50 each	50 each

Method



1. Wash apples and celery. Peel onion. Diced all vegetables to a uniform size (celery slightly finer dice).



2. In a large bowl, combine all ingredients except the tortilla shells and mix together gently so chicken is not broken apart.



3. On an open tortilla shell, place 80 gm of chicken salad mixture and gently roll together. Place in a ½ size- 2" deep production pan and cover with plastic wrap until just prior to service.



4. Serve Cold with an appropriate vegetable side dish or side salad.

Garnish: **Apple slices, vegetable sticks**

Food Accompany: **Vegetable side salad**