



Mediterranean 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 (132g) / par 1 serv (132g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories	220
Fat / Lipides 8g	12%
Saturated / satures 2.5g	
+ Trans / trans	
Cholesterol / Cholesterol	40mg
Sodium / Sodium 150mg	6%
Carbohydrate / Glucides 21g	7%
Fibre / Fibres 5g	20%
Sugars / Sucres 3g	
Protein / Proteines	18g
Vitamin A / Vitamine A	
Vitamin C / Vitamine C	25%
Calcium / Calcium	8%
Iron / Fer	15%

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	25 Portions		50 Portions	
	Metric	Standard	Metric	Standard
Tortilla, Flour	25 each	25 each	50 each	50 each
Red Pepper, Fresh, Fine Diced	300 gm	10.6 oz	600 gm	1.3 Lbs
Chicken, Breast Strips	1.25 Kg	2.8 Lbs	2.5 Kg	5.6 Lbs
Black Olive Tapenade	175 gm	6.2 oz	350 gm	12.6 oz
English Cucumber, Fine Diced	200 gm	7.1 oz	400 gm	14.2 oz
Iceberg Lettuce, Fresh, Shredded	150 gm	5.3 oz	300 gm	10.6 oz
Yogurt, Plain	250 gm	8.8 oz	500 gm	1.1 Lbs

Method



1. Wash English cucumber and red pepper. Remove core from red pepper. Finely dice English cucumber and red pepper. Shred iceberg lettuce.

In a large bowl, combine all the ingredients except for the iceberg lettuce and the tortilla shells.



3. On an open tortilla shell, place 90 gm of chicken salad mixture and iceberg lettuce, and gently roll together. Place in a ½ size- 2" deep production pan and cover with plastic wrap until just prior to service.



4. Slice on a bias and serve cold with a vegetable side dish or side salad.



Garnish: **Red pepper sticks or other vegetable sticks**

Food Accompany: **Vegetable side dish or side salad**