

Blazin' Buffalo Ranch Wrap with Tempeh

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

YIELD:

50 Servings

100 Servings

Skill Level: Intermediate

Ingredients	Weight	Measure	Weight	Measure
Tempeh	6 lbs. 4 oz.		12 lbs. 8 oz.	
Tortilla, 10", whole grain rich		50 each		100 each
Hot wing sauce		1 ½ cups		3 cups
Romaine lettuce, chopped	1 lb. 2 oz.		2 lbs. 4 oz.	
Carrots, shredded	1 lb. 8 oz.		3 lbs.	

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP - Standard Operating Procedure- Wash all produce before starting this recipe.

Preparation

1. Preheat oven to 350°F.
2. Cut tempeh into inch wide strips. If a steamer is available, place tempeh in full steamtable pans and steam for 5-8 minutes. If a steamer is not available, skip to step 3.
3. Combine tempeh strips and wing sauce on a parchment lined sheet pan and bake until product reaches an internal temperature of 150°F for 15 seconds, approximately 15-20 minutes. Hold in warmer until meal service.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

4. Combine chopped romaine and shredded carrots in a bowl.
5. Portion ½ cup of salad mixture in each tortilla. Fold tortilla in half. Store in cooler until meal service.

HACCP Critical Control Point: Hold at an internal temperature of 41°F or below.

Serving Information

On serving line, portion 6 pieces of tempeh into tortilla.

Each tortilla provides 2 meat/meat alternates, 2 ounce equivalent grains.

Nutrition Information per serving *From USDA Nutrient Database

Calories: 246 Total Fat: 8g Saturated Fat: 1.3g Monounsaturated Fat: 1.7g Polyunsaturated Fat: 2.2g Trans Fat: 0g
Cholesterol: 0mg Carbohydrate: 33g Fiber: 3.5g Total Sugar: 2.7g Protein: 15g Sodium: 566mg Vitamin A: 114µg
Vitamin C: 2mg Calcium: 69mg Iron: 1.6mg Folate: 16µg

