

Teriyaki Wrap

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: Advanced

Ingredients	Weight	Measure	Weight	Measure
Chicken-free strips, 1 oz. meat alternate equivalent*	3 lbs. 2 oz.		6 lbs. 4 oz.	
Garbanzo beans, canned, drained, rinsed		$\frac{3}{4}$ gallon + $\frac{1}{2}$ cup OR 1 $\frac{1}{4}$ - #10 cans		1 $\frac{1}{2}$ gallons + 1 cup OR 2 $\frac{1}{2}$ -#10 cans
Broccoli florets, fresh OR Broccoli florets, frozen	1 lb. OR 2 lbs. 12 oz.		2 lbs. OR 5 lbs. 8 oz.	
Carrots, shredded	1 lb. 8 oz.		3 lbs.	
Sugar snap peas, frozen	2 lbs. 12 oz.		5 lbs. 8 oz.	
Cabbage, sliced	2 lbs. 8 oz.			5 lbs.
Vegetable broth, low sodium or water		1 cup		1 pint
Prepared Teriyaki Sauce, such as Foothill Farms, La Choy or Schwan's brands		1 $\frac{1}{2}$ quarts		3 quarts
Tortilla, whole grain rich, 2 grain equivalent		50 each		100 each

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

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

Preparation

1. Chop the chicken-free strips with a knife or vertical cutter mixer (VCM).
2. Combine broccoli, carrots, sugar snap peas, garbanzo beans, chicken-free cubes, vegetable broth/water in a tilt skillet, wok or steamer. Sauté or steam for 5-10 minutes, until vegetables are tender.
3. Add the teriyaki sauce to the vegetables; mix to combine. Continue to sauté or steam for another 5 minutes, until heated through.
4. Transfer to a pan, cover and hold in warmer until meal service.

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

Serving Information

Portion 1 cup of teriyaki mixture on top of each tortilla. Fold in half.

Each bowl provides 2 meat/meat alternates, 2 ounce equivalent grains and $\frac{1}{2}$ cup other vegetable.

OR

Portion $\frac{1}{2}$ cup of teriyaki mixture on top of 1 oz. equivalent tortilla. Fold in half.

Each bowl provides 1 meat/meat alternates, 1 ounce equivalent grains and $\frac{1}{4}$ cup other vegetable.



THE HUMANE SOCIETY
OF THE UNITED STATES

forwardfood.org | 1

Teriyaki Wrap Continued

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Nutrition Information per 2 m/ma, 2 oz. grain serving *From USDA Nutrient Database

Calories: 426 Total Fat: 5g Saturated Fat: 1g Monounsaturated Fat: 1g Polyunsaturated Fat: 1g Trans Fat: 0g
Cholesterol: 0mg Carbohydrate: 73g Fiber: 12g Total Sugar: 11g Protein: 23g Sodium: 455mg Vitamin A:
255µg Vitamin C: 33mg Calcium: 96mg Iron: 4mg Folate: 102µg



THE HUMANE SOCIETY
OF THE UNITED STATES



THE HUMANE SOCIETY
OF THE UNITED STATES