

Hawaiian Chicken Wrap – adapted from Child Nutrition & Wellness Kansas State Department of Education’s A “Fresh” Perspective Recipe Booklet

Ingredients	50 Servings	100 Servings	25 Servings	Directions
Dressing:				<ol style="list-style-type: none"> Mix together mayonnaise, vinegar, sugar, poppy seed, garlic powder, and onion powder for the dressing. Hold cold 41° F or less until ready for sandwich preparation. Just prior to sandwich preparation, steam tortilla lightly or place in warmer for a short period of time to soften. Folded tortillas will not tear as readily if they are softened. Drain crushed pineapple. Rinse, drain and chop spinach leaves. Toss together slaw mix, drained pineapple, and chopped spinach. Scoop ½ cup (#8 dipper) slaw salad blend onto each wheat tortilla. Place 3 ounces cooked chicken onto each tortilla. Drizzle 1 tablespoon of the dressing on top of the chicken and salad. Wrap burrito style. Cut diagonally in half for service. Hold cold 41° F or less until ready for service.
Mayonnaise	8 1/3 oz	1 lb 2/3oz	4 1/8 oz	
Cider vinegar	8 1/3 oz	1 lb 2/3 oz	4 1/8 oz	
Sugar, granulated	8 1/3 oz	1 lb 2/3 oz	4 1/8 oz	
Poppy Seed	2 1/8 Tb	4 1/6 Tb	1 Tb	
Garlic Powder	2 1/8 Tb	4 1/6 Tb	1 Tb	
Onion Powder	2 1/8 Tb	4 1/6 Tb	1 Tb	
Whole Wheat Flour Tortilla, 12”, 2 oz	25 each	50 each	12.5 each	
Broccoli Slaw Mix [§]	1 lb 9 oz	6 ¼ lb	25 oz	
Pineapple, crushed, canned	8 1/3 oz	1 lb 11 oz	4 1/6 oz	
Spinach , raw fresh [§]	6 1/4 oz	12 1/2 oz	3 1/8 oz	
Chicken [§] , cooked, diced	3 1/8 lb	6 1/4 lb	1 lb 9 oz	<p>❖ Serving Size: 1 half</p>

§WA product available when in season

Approximate preparation time: 25 minutes

Tips & Variations:

- To store spinach, loosely wrap in a damp paper towel and place in a plastic bag. Refrigerate and use within 3-5 days.
- Do not rinse spinach until ready to use.
- Making your own broccoli slaw mix can reduce food waste and allow greater incorporation of Washington grown produce! Use a food processor to slice your preferred combination of broccoli stems and carrots.



Child Nutrition Program Food Components:

- ✓ 1/8 cup vegetable
- ✓ 1 servings grain/bread
- ✓ 1 oz meat/meat alternate

Nutrients Per Serving:

Calories	192 kcal
% Calories from Fat	19%
Total Fat	4 g
Saturated Fat	1.5 g
Trans fat	0 g
Cholesterol	22 mg
Sodium	174 mg
Total Carbohydrates	15 g
Dietary Fiber	3 g
Sugars	2 g
Protein	11 g
Vitamin A (652 IU)	13 %
Vitamin C (13 mg)	21 %
Calcium	8 %
Iron	7 %

- 👉 **Spinach** is a great source of vitamins, minerals, and antioxidants including Vitamin A, Vitamin C, Vitamin E, Vitamin K, magnesium, folate, and Vitamin B6.
- 👉 **Spinach** also contains high amounts of calcium and iron. Although the iron in Spinach is usually poorly absorbed, Vitamin C and acidic foods both increase iron absorption. The cider vinegar used in this recipe, for example, increases the absorption of iron from the spinach.
- 👉 There are 3 main varieties of **spinach**, each with a distinctive taste. These include savoy, flat or smooth leaf, and semi-savoy. Savoy and semi-savoy are typically sold fresh. In Washington, spinach enjoys a long season from April through December.

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notes

