



Recipe Type:  
Entrée

## UNCLE BEN'S® Spanish Rice & Ground Chicken Wrap

Salsa-seasoned UNCLE BEN'S® Whole Grain Brown Rice wrapped in a Mexican Original® Receta De Oro® Whole Grain Flour Tortilla, stuffed with Tyson® Chicken Crumbles, roasted peppers and onions, and shredded cheddar cheese.

### Featuring Qualifying Products



UNCLE BEN'S® Whole Grain Brown Rice  
#12111



Tyson® All Natural, Low Sodium  
Chicken Crumbles  
#36233-928



Mexican Original® Receta De Oro® 6.25"  
Shelf Stable Whole Grain Rich Reduced  
Sodium Flour Tortillas  
#22259-621



### UNCLE BEN'S® Spanish Rice & Ground Chicken Wrap

Yield: 100 Servings

Serving Size: 1 wrap (½ c. rice, 3 oz. chicken, and ¼ c. vegetables – salsa and peppers and onions combined)

#### Meal Components (per 1 serving)

M/MA	2.25 oz.	Whole Grain Rich	2 oz.	Other Vegetable	¼ c.
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#### Allergens

Milk	Wheat
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HACCP Process: Same-Day Service

Ingredients	Measurements	Directions
<b>UNCLE BEN'S® Whole Grain Brown Rice, dry</b>  Broth, Chicken, Low Sodium  Salsa, R/S	6 lb. + 4 oz.  1 Gallon (128 fl oz.)  2 qt.	1. Day of Service: Clean and sanitize workstation. • Prep Rice: Pull two 4" deep hotel pans. • Divide <b>whole grain brown rice</b> , about 3 lb. each, between two hotel pans. • Add 4 lb. hot (190°F) broth and 1 qt. salsa to each pan. • Stir and cover. • Cook: Bake <b>whole grain brown rice</b> in oven preheated to 350°F until most of broth is absorbed, about 55 minutes. Place in warmer until chicken and vegetables are ready. CCP: Hold above 135°F
<b>Tyson® All Natural, Low Sodium Chicken Crumbles</b>	20 lb.	2. Prep Chicken: Pull large pot. • Pull one 20 lb. case <b>chicken crumbles</b> from freezer. • Fill pot with water and bring water to boil. Place unopened 5 lb. pouch <b>chicken crumbles</b> in boiling water. Boil for 30-40 minutes. • Heat unopened pouch to 145°F. Carefully remove from water and place in warmer until rice and vegetables are ready. • Repeat with remaining three 5 lb. pouches. CCP: Hold above 135°F
Peppers & Onions Blend, frozen  Non-Stick Cooking Spray	10 lb.	3. Prep Vegetables: Pull two sheet pans. • Pull four 2.5 lb. bags peppers & onions blend from freezer. • Line each pan with parchment and spray with non-stick cooking spray. • For each of the sheet pans, arrange two 2.5 lb. bags peppers & onions blend a single layer. • Cook: Heat uncovered at 375°F convection for 13-18 minutes or until the internal temperature reaches 145°F. • Prep Filling: Pull cooked <b>whole grain brown rice</b> and cooked <b>chicken crumbles</b> . • Remove lid to <b>whole grain brown rice</b> and fluff slightly. • Add 10 lb. <b>chicken crumbles</b> and 5 lb. peppers & onions to each pan. • Stir to combine, cover, and keep warm until service. CCP: Hold above 135°F

Nutrition Information and Recipe Continued on Reverse



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Salsa-seasoned UNCLE BEN'S® Whole Grain Brown Rice wrapped in a Mexican Original® Receta De Oro® Whole Grain Flour Tortilla, stuffed with Tyson® Chicken Crumbles, roasted peppers and onions, and shredded cheddar cheese.

Ingredients	Measurements	Directions
Shredded Cheddar Cheese, R/F	1 lb. + 9 oz.	4. Pre-Service: Pull 1 c. server. • Carefully lift lid of <b>rice mixture</b> and add 12.5 oz. cheese to each pan. • Fluff lightly. • Serve: Using gloved hand, place one <b>whole grain flour tortilla</b> on tray. • Using a server, scoop 1 c. <b>rice mixture</b> into wrap and roll "burrito style". <i>CCP: Never handle ready-to-eat foods with bare hands.</i>
<b>Mexican Original® Receta De Oro® 6.25" Shelf Stable Whole Grain Reduced Sodium Flour Tortillas</b>	100 tortillas	



Nutrients per Serving (per 1 sandwich)					
Calories	576.6	Trans Fat	0g	Iron	3.1mg
Protein	26.1g	Cholesterol	70.4mg	Calcium	158.7mg
Carbohydrates	55.5g	Vitamin A	290.2 IU	Sodium	400.7mg
Total Fat	11.2g	Vitamin C	6.6mg	Fiber	6.7g
Saturated Fat	3.6g			Sugars	3.7g

### Production Notes

- Each hotel pan of rice mixture provides 50 servings.

### Serving Notes

- Each serving is ½ c. rice, 3 oz. chicken crumbles, and ¼ c. vegetables (salsa and pepper and onions combined).
- Each serving weighs 9 oz. (257.32g).

### Equivalents

- 1 oz. dry **UNCLE BEN'S® Whole Grain Brown Rice** = 1 oz. eq. grains
- 3 oz. fully cooked **Tyson® All Natural, Low Sodium Chicken Crumbles** = 2 oz. eq. M/MA
- 1 tortilla **Mexican Original® Receta De Oro® 6.25" Whole Grain Rich Reduced Sodium Flour Tortilla** = 1 oz. eq. grain



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