

# Bok Choy Wrappers

Meal Components: Fruits, Vegetable, Vegetable - Dark Green, Grains, Meat / Meat Alternate

Main Dishes, Sandwiches, F-11r

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Water		3 qt		1 gal 2 qt	1. Boil water.
Brown rice, long-grain, regular, dry 2 lb 8 oz		1 qt 2 1/4 cups	5 lb	3 qt 1/2 cup	2. Place 2lb 8oz brown rice in each steam table pan (12"x20"x21/2") 3. Pour water (3 qt per steam table pan) over brown rice. Stir. Cover pans tightly. 4. Bake: Conventional oven: 350 °F for 40 minutes Convection oven: 325 °F for 40 minutes 5. Remove from oven and let stand covered for 5 minutes.
Fresh bok choy, sliced 1/4"	1 lb 11 oz	2 qt	3 lb 6 oz	1 gal	6. Combine brown rice, bok choy, pineapple, chicken, sweet and sour sauce, and soy sauce. Pour into steam table pans (12"x20"x21/2")
Canned pineapples tidbits, in 100% juice	3 lb 5 oz	1 qt 2 cups (1/2 No. 10 can)	6 lb 10 oz	3 qt (1 No. 10 can)	
Sweet and sour sauce		3 cups		1 qt 2 cups	
Frozen, cooked chicken strips,	3 lb 1 oz	3 qt	6 lb 2 oz	1 gal 2 cups	

Low-sodium soy sauce		1 Tbsp		2 Tbsp	<p><b>7.</b> Bake: Conventional oven: 350 °F for 30 minutes Convection oven: 350 °F for 20 minutes</p> <p><b>8.</b> Critical Control Point: Hold for hot service at 135 °F or higher.</p>
Fresh romaine lettuce, outer leaves, rinsed, dry	2 lb 8 oz	50 leaves	5 lb	100 leaves	<p><b>9.</b> Top each romaine lettuce leaf with a 6 fl oz spoodle (3/4 cup) of filling. Optional: garnish with diced red peppers. Fold sides of lettuce in toward center; roll up like burrito. Place seam side down. Serve immediately.</p> <p><b>10.</b> Serve 2 wraps.</p>

## Notes

### Our Story

Students with a passion for food were handpicked by their food science teacher. The culinary knowledge of their school nutrition professional and a local chef, along with the organizational skills of a community member, rounded out this recipe challenge team. They combined their love of food, clever personalities, and amazing ideas to create a recipe students would enjoy.

They began by writing down favorite foods of the team members, and used this list to craft basic dishes to try in the kitchen. The team experimented with different techniques and ingredients that everyone would enjoy.

They decided to use bok choy as a main ingredient. This dark-green leafy Chinese cabbage with a light, sweet flavor is a new vegetable to most students. They knew that presentation would be the key in getting students to try it. After much experimentation, a recipe was developed that is truly a hands-on experience, the Bok Choy Wrappers.

This recipe challenged kids to try something new. Bok Choy Wrappers are not your typical wrap! They let you eat with your hands by making a wrap of crisp romaine

lettuce leaves filled with a delicious and nutritious combination of chicken, pineapple, brown rice, and of course, bok choy!

**Winograd K-8 Elementary School**

Greeley, Colorado

**School Team Members**

**School Nutrition Professional:** Kara Sample, RD, SNS

**Chef:** Amanda Smith

**Community Member:** Emily Wigington (AmeriCorps VISTA Volunteer)

**Students:** Jace K., Bethany V., Abraham A., and Amairani P

**Note:** Serving size may be too large for younger children and they may not be able to easily assemble the wrap. Filling may also be served over a bed of romaine lettuce

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Students can assemble their own lettuce wraps. Portion 1 1/2 cups filling alongside 2 romaine lettuce leaves.

May also serve over a bed of romaine lettuce.

Extra lettuce leaves can be used for making salads.

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Marketing Guide		
Food as Purchased for	25 Servings	25 Servings
Bok choy	2 1/4 lb	4 1/2 lb
Romaine lettuce	4 lb	8 lb

Serving	Yield	Volume
Two wraps provide 1 oz equivalent meat, 3/4 cup dark green vegetable, 1/8 cup fruit, and 1 1/2 oz equivalent grains.	<p><b>25 Servings:</b> about 13 lb (filling) about 2 lb 8 oz (Romaine lettuce)</p> <p><b>50 Servings:</b> about 27 lb (filling) about 5 lb (Romaine lettuce)</p>	<p><b>25 Servings:</b> about 1 gallon 3 quarts (filling) about 1 1/2 quarts (Romaine lettuce) 50 wraps</p> <p><b>50 Servings:</b> about 3 gallons 1 1/2 quarts (filling) about 3 quarts (Romaine lettuce) 100 wraps</p>

Nutrients Per Serving					
Calories	376	Saturated Fat	2 g	Iron	2 mg
Protein	13 g	Cholesterol	23 mg	Calcium	71 mg
Carbohydrate	56 g	Vitamin A	4450 IU	Sodium	377 mg
Total Fat	11 g	Vitamin C	28 mg	Dietary Fiber	5 g