



# Bok Choy Wrappers

Adapted from: [Child Nutrition Recipe Box](#); USDA Recipes for Schools

**Description:** This dish offers a sweet mixture of brown rice, juicy pineapple, tasty chicken, and bok choy, tossed with sweet and sour sauce and wrapped in a fresh, crisp romaine lettuce leaf.

**Yield:** 50

**Serving Size:** 2 wraps

**USDA Meal Components:** Two wraps provide 1 oz. equivalent meat,  $\frac{3}{4}$  cup dark green vegetable,  $\frac{1}{8}$  cup fruit,  $1\frac{1}{2}$  oz. equivalent grains. One wrap provides  $\frac{1}{2}$  oz. equivalent meat,  $\frac{3}{8}$  cup dark green vegetable, and  $\frac{3}{4}$  oz. equivalent grains.

## Ingredients:

- 1 gal 2 qt water
- 5 lb (or 3 qt  $\frac{1}{2}$  cup) brown rice, long-grain, regular, dry
- 3 lb 6 oz (or 1 gal) fresh bok choy, sliced  $\frac{1}{4}$  inch
- 6 lb 10 oz (or 3 qt - 1 No. 10 can) canned pineapple tidbits, in 100% juice
- 6 lb 2 oz (or 1 gal 2 qt) frozen, cooked chicken strips, thawed
- 1 qt 2 cups sweet and sour sauce
- 2 Tbsp low-sodium soy sauce
- 5 lbs (or 100 leaves) Fresh romaine lettuce, outer leaves, rinsed and dry

## Directions:

1. Boil water.
2. Place 2 lb 8 oz brown rice in each steam table pan (12" x 20" x 2  $\frac{1}{2}$ ").
  - a. For 50 servings, use 2 pans.
  - b. For 100 servings, use 4 pans.



3. Pour water (3 qt per steam table pan) over brown rice. Stir. Cover pans tightly.
4. Bake:
  - a. Conventional oven: 350 degrees F for 40 minutes.
  - b. Convection oven: 325 degree F for 40 minutes.
5. Remove from oven and let stand covered for 5 minutes.
6. Combine brown rice, bok choy, pineapple, chicken, sweet and sour sauce, and soy sauce. Pour into steam table pans (12" x 20" x 2 1/2").
  - a. For 50 servings, use 2 pans.
  - b. For 100 servings, use 4 pans.
7. Bake:
  - a. Conventional oven: 350 degrees F for 30 minutes.
  - b. Convection oven: 350 degree F for 20 minutes.
  - c. Critical Control Point: Heat to 165 degrees F or higher for at least 15 seconds.
8. Critical Control Point: Hold for hot service at 135 degrees F or higher.
9. 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.
10. Serve 2 wraps.

## Nutrition Facts

50 Servings Per Recipe	Amount Per Serving
Serving Size	2 wraps
Calories	376.1
Total Fat	11.15 g
Saturated Fat	2.32 g
Cholesterol	22.64 mg
Sodium	376.84 mg
Total Carbohydrate	56.18 g
Dietary Fiber	5.22 g
Protein	12.83 g
Vitamin A	4449.94 IU



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Vitamin C	27.55 mg
Calcium	71 mg
Iron	2.2 mg

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