

Mexican Chicken Lettuce Wraps

Gold Kist Chicken® PhD Whole Grain Homestyle Chicken Strips (6216) served in crunchy lettuce wraps make a fresh and unique lunch option.



YIELD

50 servings (3 wraps each)

MENU FIT/DAYPART

Lunch

COMPONENTS

2oz eq M/MA

1 ounce grain

1/2 cup vegetable (1/8 cup

starchy + 1/8 cup beans/

legumes + 1/4 cup red/orange)

DIFFICULTY

Easy

ALLERGENS

wheat, dairy

INGREDIENTS AND PREPARATION

50 servings (3 strips each) Gold Kist PhD Homestyle Chicken Strips (6216)

12-13 heads of Romaine lettuce (3 leaves/serving), washed and patted dry

0.75 #10 cans corn, drained

1.8 #10 cans black beans, drained and rinsed

1 #10 can salsa

3.2 lbs shredded cheddar cheese

1. Preheat oven to 350°F. Arrange chicken pieces in a single layer on an ungreased baking pan. Bake for 10-14 minutes in a conventional oven or 8-10 minutes in a convection oven or until product reaches 165° F.
2. In a large bowl, mix together corn and black beans. Set aside and keep cold until service. Prepare lettuce leaves.
3. To prepare wraps, place one cooked chicken strip along the middle of a lettuce leaf. Top each wrap with 1/4 cup of black beans and corn mixture. Sprinkle with 1oz of shredded cheese. Serve lettuce wraps with 1/4 cup of salsa on the side.

Nutrition Facts	
Serving Size (314g) (3 wraps)	
Amount Per Serving	
Calories 360	Calories from Fat 180
% Daily Value*	
Total Fat 20g	31%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 790mg	33%
Total Carbohydrate 22g	7%
Dietary Fiber 7g	28%
Sugars 5g	
Protein 24g	
Vitamin A 160%	Vitamin C 130%
Calcium 25%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

Serving Suggestions: Serve with whole wheat tortilla chips, avocado or guacamole, diced mango and milk. For a spicy kick, use shredded Pepper Jack cheese and garnish with jalapeño.



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