



Curry Chicken Salad Flatbread Sandwich

Category	Optional					Cooking process	#1 No Cook
Yield		10 each		40 each		Directions	
Ingredients		Weight	Measures	Weight	Measures		
Flatbread, WGR			10 each		40 each	CCP: No bare hand contact with ready to eat food.	
Chicken, fully cooked, diced		1.25 lb		5 lb		1. Thaw flatbread at room temperature.	
Greek yogurt, plain, low-fat			3/4 cup		3 cups	2. Thaw chicken in refrigerator overnight.	
Mayonnaise			1/2 cup		2 cups	CCP: Hold at 41° F or below.	
Curry powder			1 Tbsp + 1 tsp		1/4 cup + 1 Tbsp	CCP: No bare hand contact with ready to eat food.	
Lemon juice			1 Tbsp		1/4 cup	3. Combine Greek yogurt, mayonnaise, curry powder, lemon juice, salt, and black pepper in a large bowl. Mix thoroughly. Add apples, cilantro, onion, and chicken. Mix gently until all ingredients are coated with the yogurt mixture.	
Salt			1/4 tsp		1 tsp		
Black Pepper			1/8 tsp		1/2 tsp		
Apple, green, diced 1/2"		2 oz	1/2 cup	8 oz	2 cups	CCP: Hold at 41° F or below.	
Cilantro, fresh, chopped		.3 oz	1/4 cup	.8 oz	1 cup		
Onion, red, raw, diced 1/4"		1.6 oz	1/4 cup	6.1 oz	1 cup	CCP: No bare hand contact with ready to eat food.	
Lettuce, romaine, shredded		3.5 oz	2 1/2 cups	13.9 oz	2 qt + 2 cups	4. To assemble flatbread sandwich, use a #12 disher of chicken salad mixture onto one half of each flatbread. Spread chicken salad to cover the half. Top with 1/4 cup shredded romaine lettuce, then fold in half. Serve immediately. Avoid holding for long periods of time to prevent sandwich from becoming soggy.	
						CCP: Hold and serve at 41° F or below.	



Meal components		2 oz eq WGR grain, 2 oz m/ma, 1/8 cup dark green vegetable			
Notes		Marketing guide (Food As Purchased)	10 servings	40 servings	
*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.		Apple, fresh, 125-138 count	2.2 oz	8.7 oz	
		Cilantro, fresh	.3 oz	.9 oz	
		Onions, fresh	1.8 oz	6.9 oz	
		Lettuce, fresh, romaine, untrimmed	5.2 oz	1 lb 5 oz	
Serving					
One serving provides 2 oz eq WGR grain, 2 oz m/ma, and 1/8 cup dark green vegetable.					
Nutrients per serving					
Calories	351	kcal	Sat Fat	2	g
Protein	20	g	Chol	51	mg
Carb	31.5	g	Sodium	571	mg
Total Fat	17	g	Dietary Fiber	4	g