

Breakfast Hash Brown and Vegetable Wrap

Portions: 50 wraps

Ingredients:

- 13 pounds unseasoned shredded potatoes
- 3 tablespoons salt
- 2 teaspoons pepper
- 3 cups canola oil
- 8 pounds onions, fine sliced
- 15 pounds green peppers, sliced
- 6 pounds mushrooms, sliced
- 1 cup garlic, minced
- 2 #10 cans diced tomatoes, strained
- 7 pounds asparagus, blanched and cut into 1-inch lengths
- 4 cups Italian flat leaf parsley, chopped
- 3 pounds spinach
- 50 gluten-free 12-inch tortillas

Directions:

Heat 1½ cups oil in a nonstick pan. Cook potatoes until lightly browned. Season with half of the salt and pepper.

In a large pot, heat 1½ cups of oil and lightly caramelize the onions. Add the green peppers, mushrooms, garlic, and tomato. Cook until all the vegetables are tender, about 10 to 15 minutes. Add the asparagus, remaining salt and pepper, and parsley.

Vegetables will produce excess liquid while cooking. Strain vegetable mixture before building wraps.

To assemble the wrap, briefly heat the tortilla over an open flame to soften. Place 1 ounce of spinach on the wrap and layer with 1 cup hash browns (4 ounces) and ¾ cup (5½ ounces) of the vegetable filling into each wrap. Roll the sides over and then roll as you would for a jelly roll. Repeat the process for each burrito. Serve warm.

Notes: Seasonings can be adjusted based on the target market. Additional herbs and spices may be added based on desired flavor profile. Add achiote to the potatoes before cooking to give a Southwestern flair. Stir in scallions and parsley or cilantro for freshness. Serve with additional pico de gallo or other salsas as a dipping sauce.

Nutritional Analysis:

Calories: 701 • Fat: 22.65 g • Saturated Fat: 1.92 g • % Calories from Fat: 28.42% • Cholesterol: 0 mg • Protein: 12.67 g • Carbohydrate: 117.76 g • Sugar: 12.5 g • Fiber: 13.38 g • Sodium: 1,218 mg • Calcium: 97 mg • Iron: 4.08 mg • Vitamin C: 158.92 mg • Beta-Carotene: 1,692 mcg • Vitamin E: 6.71 mg • *Information is on a per-portion basis.*



Recipe inspired by the Culinary Institute of America Consulting