



## Chipotle Hummus Wrap

N-335-00  
Sandwiches

Color Code: Green  
Sodium: High

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Yield: 25 Portions  
Each Portion: 1 wrap (12 oz)  
Pan Size and Number: 12 x 20 x 4-Inch Steam Table Pan (1)  
Temperature: 350°F (177°C)  
Time: 38 - 42 min.

## INGREDIENTS

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### Pickled Onions:

Item	Measure	Weight	Approx issue
WATER	$\frac{3}{4}$ cup	6- $\frac{1}{4}$ oz	
SUGAR, GRANULATED	$\frac{3}{4}$ cup	6 oz	
VINEGAR, RED WINE	$\frac{1}{2}$ cup	3- $\frac{1}{2}$ oz	
VINEGAR, WHITE, DISTILLED	$\frac{1}{2}$ cup	3- $\frac{1}{2}$ oz	
SALT	2- $\frac{1}{2}$ tsp	0.53 oz	
ONION, RED	1 qt + $\frac{1}{2}$ cup	1 lb	1 lb 3 oz

### Chipotle Hummus:

Item	Measure	Weight	Approx issue
CHICKPEAS, CANNED	1- $\frac{3}{4}$ qt	2 lb 9 oz	$\frac{5}{8}$ - No. 10 Can
CHICKPEA LIQUID, DRAINED	$\frac{3}{4}$ cup + 2 tbsp	7- $\frac{1}{2}$ oz	
CHIPOTLES IN ADOBO, CANNED	$\frac{1}{2}$ cup + 3 tbsp	6 oz	1- $\frac{1}{3}$ , 7 oz cans
TAHINI	$\frac{1}{2}$ cup + 3 tbsp	6 oz	
OIL, OLIVE	$\frac{3}{8}$ cup	5 oz	
LEMON JUICE, BOTTLED	3 tbsp + 2 tsp	2 oz	
GARLIC, PREMINCED IN WATER	2 tbsp + 2 tsp	1 oz	
SALT	2 tsp	0.42 oz	
PEPPER, WHITE, GROUND	$\frac{1}{4}$ tsp	0.02 oz	

### Quinoa (Oven):

Item	Measure	Weight	Approx issue
WATER	2 qt	1 lb 1 oz	
QUINOA, WHITE, DRY	1 qt	1 lb 7 oz	
SALT	1- $\frac{1}{2}$ tsp	0.11 oz	

### Chipotle Hummus Wrap:

Item	Measure	Weight	Approx issue
TORTILLA WRAP, 12-INCH, WHOLE WHEAT	25 each	5 lb 7- $\frac{1}{2}$ oz	
LETTUCE, MIXED GREENS	1- $\frac{1}{2}$ gal + 1 cup	1 lb 2 oz	1 lb 2 oz
CUCUMBER	50 slices	2 lb 10 oz	2 lb 12 oz

CARROT, MATCHSTICK

1 qt + 1-¼ cup

1 lb

## DIRECTIONS

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1. Prepare all fruits and vegetables in accordance with guideline card A-G-31. Slice red onion to an ⅛-inch; slice cucumbers lengthwise into ¼-inch planks.
2. Pickled Onions: In a large stock pot or steam-jacketed kettle, combine water, sugar, red wine vinegar, white vinegar, and first measure of salt. Over medium heat, bring mixture to a boil, stirring occasionally, until sugar is dissolved.
3. Remove from heat and pour over sliced onions. CCP: Internal temperature must reach 135°F (68°C).
4. Allow to sit at room temperature for 20 minutes. Ensure that onions are completely submerged.
5. Refrigerate at 41°F (5°C) for at least 8 hours or overnight. CP: Hold for cold Service at 41°F (5°C) for use in Step 14.
6. Chipotle Hummus: Drain chickpeas, reserving liquid. Rinse chickpeas.
7. Combine chickpeas, chickpea liquid, chipotles in adobo, tahini, olive oil, lemon juice, garlic, second measure of salt, and pepper in a food processor. Blend ingredients for 1 to 2 minutes until coarsely blended. Scrape down sides of food processor.
8. Continue blending the hummus mixture for 1 to 2 minutes until all the ingredients are fully incorporated, smooth and creamy; scrape down the sides of the food processor as necessary.
9. CP: Refrigerate at 41°F (5°C) for at least 30 minutes before service to allow flavors to meld.
10. Quinoa (Oven): Preheat oven to 350°F (177°C).
11. In each steam table pan combine water, quinoa, and third measure of salt. Stir to combine.
12. In an oven, on convection mode, bake covered at 350°F (177°C) for 38 to 42 minutes or until water is fully absorbed. CCP: Internal temperature must reach 135°F (57°C).
13. Spread quinoa on sheet pan and CP: cool under refrigeration at 41°F (5°C) until use in Step 14.
14. Assembly: Lay wrap flat and spread ⅓ cup hummus on the center. Arrange 1 cup lettuce, 2 slices cucumber, ¼ cup carrots, ½ cup quinoa and 2 tbsp pickled onions. Fold the wrap over filling, tucking the sides inward to tightly wrap sandwich. Serve immediately or CP: hold for cold services at 41°F (5°C).

## RECIPE NOTES

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1. In Step 2, depending on food processor capacity, hummus may have to be batch blended.
2. This recipe was developed using a Rationale Combi Oven set to convection mode. If using other models of combi oven or a convection oven, times may vary (using an older convection oven you may need to add a couple to few minutes to the cook time to achieve the desired end state for the recipe).
3. Serving Suggestion: Serve Chipotle Hummus Wrap as a featured meal on a deli station or as a Grab & Go item.
4. \* Sugars represents the total grams of sugar in the recipe, naturally occurring and added sugar combined.

## NUTRITION FACTS

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Calories	581
Carbohydrates	85 g
Sugars*	6 g
Protein	18 g
Fat	20 g
Saturated Fat	3.6 g

Sodium 1010 mg

Calcium 318 mg

Fiber 11.6 g



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