Bok Choy Wrappers

WINOGRAD K-8 ELEMENTARY SCHOOL
Greeley, Colorado

Our Story

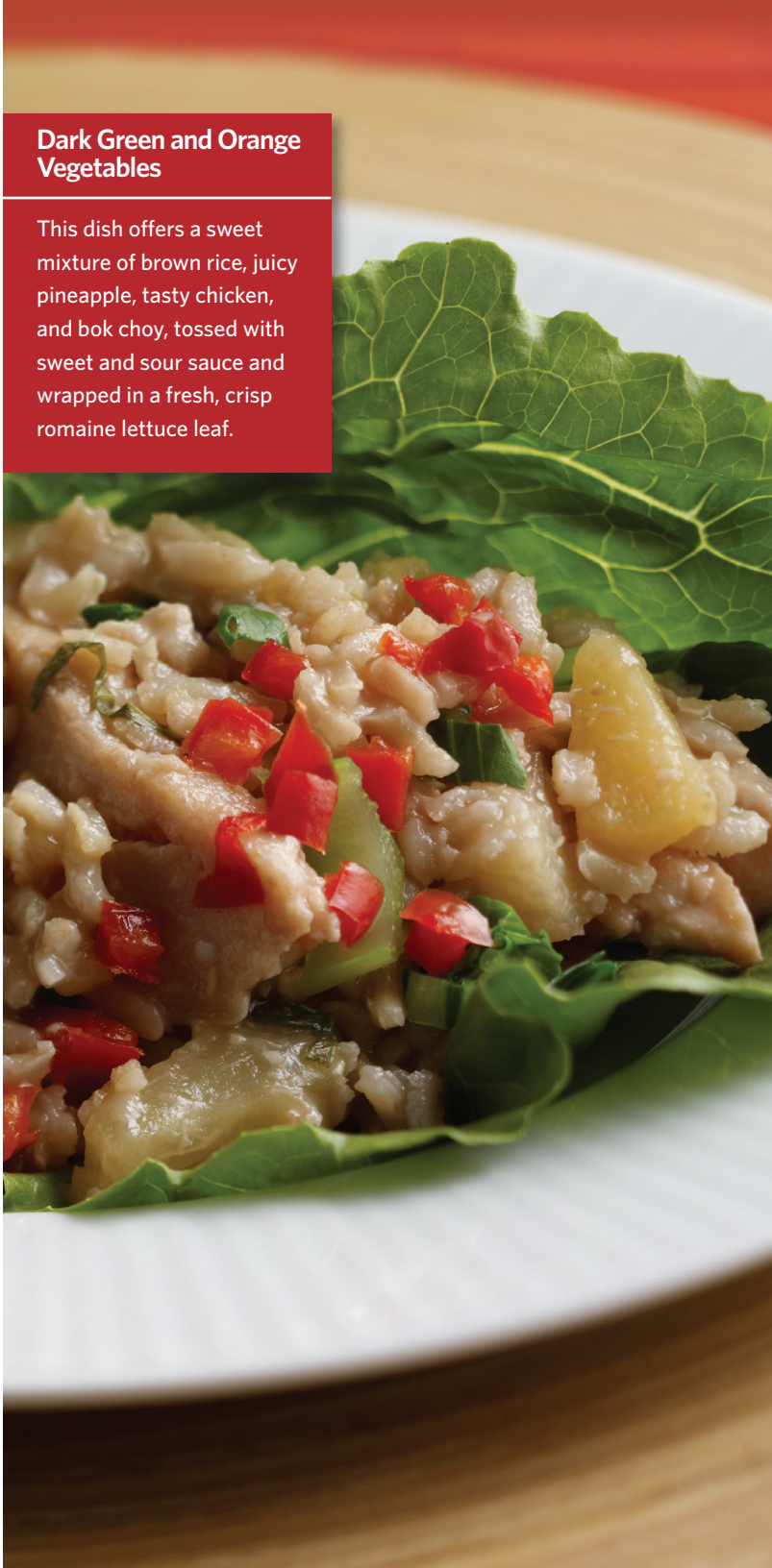
Students with a passion for food were handpicked by their food science teacher. The culinary knowledge of their school nutrition professional and a local chef, along with the organizational skills of a community member, rounded out this recipe challenge team. They combined their love of food, clever personalities, and amazing ideas to create a recipe students would enjoy.

The team used bok choy, a dark-green leafy Chinese cabbage, a new vegetable for most students. They knew that presentation would be the key in getting students to try it.

This recipe challenged kids to try something new. Bok Choy Wrappers are not your typical wrap! They let you eat with your hands by making a wrap of crisp romaine lettuce leaves filled with a delicious and nutritious combination of chicken, pineapple, brown rice, and of course, bok choy!

School Team Members

SCHOOL NUTRITION PROFESSIONAL: Kara Sample, RD, SNS
CHEF: Amanda Smith
COMMUNITY MEMBER: Emily Wigington (AmeriCorps VISTA Volunteer)
STUDENTS: Jace K., Bethany V., Abraham A., and Amairani P.



Dark Green and Orange Vegetables

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.

Bok Choy Wrappers

Ingredients

1 ½ cups Brown rice, long-grain, regular, dry

1 ¾ cups Fresh bok choy, sliced ¼"

1 ¾ cups Canned pineapple tidbits, in 100% juice

3 cups Cooked chicken strips (12 oz)

¾ cup Sweet and sour sauce

1 tsp Low-sodium soy sauce

12 leaves Fresh romaine lettuce, outer leaves

Preparation Time: 15 minutes
Cooking Time: 1 hour 15 minutes
Makes 12 wraps (two wraps per serving)

Directions

1. Preheat oven to 350 °F.

2. Combine brown rice and 3 ½ cups water in a large pot and bring to a rolling boil. Turn heat down to low. Cover and cook until water is absorbed, about 30-40 minutes. Fluff with a fork. A rice cooker may be used with the same quantity of brown rice and water.

3. In a medium bowl, combine brown rice, bok choy, pineapple, chicken, sweet and sour sauce, and soy sauce.

4. Transfer mixture to an 8" x 8" nonstick baking pan coated with nonstick cooking spray. Bake at 350 °F for 30 minutes. Cook to an internal temperature of 165 °F or higher for at least 15 seconds (use a food thermometer to check the internal temperature).

5. Place two lettuce leaves on a plate. Top each with ¾ cup filling. Optional: garnish with diced red peppers. Fold sides of lettuce in toward center; roll up like burrito. Place seam side down. Serve warm.

Note: Serving size may be too large for younger children and they may not be able to easily assemble the wrap. Filling may also be served over a bed of romaine lettuce.

2 wraps provide 1 oz equivalent meat, ¾ cup dark green vegetable, ⅛ cup fruit, and 1 ½ oz equivalent grains.

1 wrap provides ½ oz equivalent meat, ⅜ cup dark green vegetable, and ¾ oz equivalent grains.

Nutrients Per Serving (2 wraps): Calories **376,** Protein **13 g,** Carbohydrate **56 g,** Dietary Fiber **5 g,** Total Fat **11 g,** Saturated Fat **2 g,** Cholesterol **23 mg,** Vitamin A **4450 IU (224 RAE),** Vitamin C **28 mg,** Iron **2 mg,** Calcium **71 mg,** Sodium **377 mg**