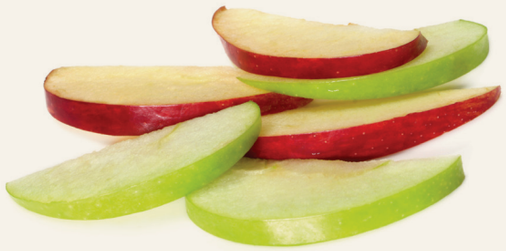
Apple Maple Dumpling Rollup

Number of Portions: 100
Portion Size: Grades K-12: 1 rollup

INGREDIENTS:

	K-12 Quantities:
Tortilla, whole grain-rich	100 Tortillas (1½ oz.)
Apple Slices, unsweetened, canned	102 cups
Pumpkin Pie Spice	⅜ cup
Sugar	¾ cup
Brown Sugar	¾ cup
Maple Syrup	6 cups, divided (2 cups & 4 cups)
Cornstarch	2 cups
Cream Cheese, fat-free	3 ⅛ lbs.
Vanilla Greek Yogurt	6 ¼ cups
Vanilla Extract	¼ cup

= Available through USDA Foods



DIRECTIONS:

Preheat convection oven to 350˚F.

HEAT TORTILLAS:

Do not remove the tortillas from their plastic bag. Place tortillas in the warmer for 1 hour or until warm. If tortillas begin to stick together, remove them from their plastic bag and microwave for 1 minute and use immediately.

COOK APPLE FILLING:

Drain apples and set juice aside. (Note: each #10 can contains approximately 1 cup of juice.) In a large stockpot or tilt skillet, heat drained apples, 2 cups maple syrup, sugar, brown sugar, and pumpkin pie spice on medium-high heat, stirring frequently. Make a slurry by whisking the reserved apple juice with the cornstarch until its texture is smooth. When apple mixture begins to boil, add the cornstarch slurry and stir frequently until apples thicken and the taste of cornstarch disappears.

MAKE CREAM CHEESE MAPLE VANILLA SAUCE:

In a mixer, using the whisk attachment, add cream cheese and mix until smooth. With the mixer turned on low, add 1 cup of yogurt at a time. Once the cream cheese and yogurt are incorporated, add 4 cups maple syrup and vanilla extract.

ASSEMBLE APPLE DUMPLING ROLLUPS:

Place each tortilla on an individual foil sheet. Place 1/2 cup (#8 scoop) of apple filling in the center of each tortilla and wrap like a burrito. Wrap the foil sheet around the rollup. In a single layer, line wrapped rollups on a baking sheet. Heat wrapped rollups for 10-15 minutes (depending on how cool apples were before wrapping them).

Serve 2 tablespoons (#30 scoop) of Maple-Vanilla Yogurt dipping sauce on the side.

Estimated Food Cost: 18¢

CALORIES
290

SATURATED FAT
.6lg

SODIUM
474.09mg

Chef Brenda's Tips

- It is helpful to prepare the apples and then let them cool for easier handling before wrapping them in the tortilla. In addition, this gives the sauce a chance to thicken, making a better consistency for building a burrito. Cool to 41°F or lower within 4 hours.
- A slurry is equal parts liquid and cornstarch mixed together to form a smooth thickening agent, often used in sauces and soups. It is important to cook foods mixed with cornstarch for at least 5 minutes so that the taste of the cornstarch disappears.
- Tortillas will be easier to handle and are less likely to crack when they are warm or at room temperature.

RECIPE CONTRIBUTIONS:

	GRADES K-12
Grains Contribution	**1.5 oz eq**
Grains Total	*1.5 oz eq*
WGR tortilla	1.5 oz eq
Fruits/Vegetable Contribution	**½ cup**
Fruit Total	*0.5 cup*
Apple slices, canned	0.5 cup*

*Apple amount is based on a yield study conducted during testing