



Chicken Caesar Wrap

This recipe was created by **Serena Caner** for **Shuswap Food Action Society**

Yield: 50 servings

Serving Size: 1 – 10" wrap

Ingredients

- 5 kg (11 lbs) whole chickens, roasted & shredded (about 12 cups)*
- 7 heads romaine (35 cups), chopped
- 7 bunches kale (20 cups)
- 375 ml caesar dressing
- 250 ml parmesan cheese
- 160 g garlic croutons

Roasted chickpeas:

- 2 – 540 ml cans chickpeas, drained
- 40 ml olive oil
- 1 tsp salt
- 50, 10" tortillas

*can also use chicken breasts

Method

Step 1

Chicken: (can also use breasts) Sprinkle chicken with salt, pepper and roast in 350°F oven for about 1.5 hours. Alternatively, place in an Instant pot with 1 cup chicken stock and cook high for 7 min per pound. Allow natural release 15 minutes before removing. Cut or shred chicken into pieces and reserve stock for another use.

Step 2

Chickpeas: Heat oil on high and add drained chickpeas and salt to a medium frying pan. Cook and stir often for 15 minutes, until golden. Then set aside to cool (they will become more crisp as they cool).

Step 3

Salad: Wash and dry kale in salad spinner. Massage kale with your hands to soften the leaves. Toss with romaine and dressing and sprinkle with parmesan cheese. Toss in chickpeas and croutons. In each wrap add ¼ cup or 60 ml chicken with just over a cup of salad mixture. Roll and serve.



- Cook chicken until internal temperature reaches 82° C for whole chicken or 74°C for chicken pieces for a minimum of 15 sec.
- Cooling: Cut cooked chicken into smaller pieces to ensure quick cooling. Cool in the fridge: from 74° C to 20° C in 2 hours AND from 20° C to 4° C within the next 4 hours. If not achieved, throw out.
- Cold Holding: When cooled to 4° C, cover and store at 4° C. If more than 4° C for 2 hours, throw out.
- Reheating: Reheat to 74° C in less than 2 hours. If reheating takes more than 2 hours, throw out.