



JERSEY TASTES!

RECIPES

Nutty Peach Wrap



INGREDIENTS:

**FAMILY-SIZE
SERVES: 4**

PORTION SIZE: 1 EACH

- 3 cups of Peaches, sliced
- 1/2 cup Red or Green Bell Peppers, finely chopped
- 1 teaspoon Cinnamon
- 4 each Whole Grain Tortillas, 10-inch
- 1/2 cup Nut Butter
- 2 cups Romaine Lettuce, chopped, or 2 ounces Sunflower Microgreens



DIRECTIONS:

- 1** In a medium bowl, combine peaches, peppers, & cinnamon.
- 2** Warm the tortillas.
- 3** Spread 2 tablespoons of nut butter on one side of each tortilla, leaving room on the edges.
- 4** Spoon equal portions of the peach mixture over nut butter, then top with 1/2 cup lettuce or microgreens.
- 5** Fold the side & bottom edges of each tortilla toward the middle over the filling, then roll so the tortilla covers the filling. (Food Service: Serve with 1 ounce or 1/4 cup of sunflower seeds.)

Great Lunch Entrée!

**SCHOOL FOOD SERVICE
PORTIONS: 24**

- 7 lbs. Peaches, fresh, medium, sliced
- 1.5 lbs. Red Bell Peppers, finely chopped
- 1 tablespoon Cinnamon
- 24 each Whole Grain Tortillas, 10-inch
- .25 #10 can or 3.5 cups Nut Butter
- 2 lbs. Romaine Lettuce, chopped, or 12 ounces Sunflower Microgreens
- 1.5 lbs. Sunflower Seeds

PORTION SIZE:

**1 Sandwich & Sunflower Seeds =
2 oz. Meat/Meat Alternate; *2.5 Grain Equiv.;**
1/2 cup Fruit; 1/4 cup Veg/Dark Green

*Check weight



Fun Fact:
The statement, "you're a real peach" originated from the tradition of giving a peach to the friend you liked.