

Profit Potential		
Food Cost	Menu Price	Profit
\$2.25 per person	\$6.99	\$4.74

The Low Carb Stromboli



Item Description	Amount	Cost
Frozen Chopped Spinach Thawed	1 (20 oz) box	\$1.20
Mayonnaise	1/2 cup	\$0.30
Large Garlic Cloves, Minced	2 each	\$0.15
McCormick Salt	1/2 tsp	\$0.03
Roth Kase Deli-Sliced Premium American Cheese Divided	1/2 pound	\$5.50
Mission 8" Flour Tortillas	3 each	\$0.45
Sovena Canola Oil	1 tbs	\$0.20
Pilgrim's Pride Chicken Breast, Cooked and Diced	3/4 pound	\$5.65
McCormick Cumin	1 tsp	\$0.05

Heat oven to 425F. Line a baking sheet with foil; set aside. Make the spinach filling, squeeze out excess moisture from spinach then combine with mayo, garlic, 5 slices of cheese and salt. Brush one side of tortilla with oil and rub with cumin. Place tortillas oil side down overlapping 2". Arrange cheese slices on top, then top with chicken. Spread spinach mixture on top covering completely. Roll and bake 12-15 minutes. Yields 12 sandwiches.

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