

Purple Power Bean Wrap

MEAT ALTERNATE, LEGUME VEGETABLE, DARK GREEN VEGETABLE, OTHER VEGETABLE, GRAINS

SANDWICHES
AND WRAPS

Ingredients	50 servings		100 servings		For ____ servings	Directions
	Weight	Measure	Weight	Measure		
Canned low-sodium great northern beans, drained, rinsed OR Dry great northern beans, cooked (see Notes section)	6 lb OR 6 lb	2 qt 3-1/3 cups (1-1/3 No. 10 cans) OR 2 qt 3-1/3 cups	12 lb OR 12 lb	1 gal 1-3/4 qt (2-2/3 No. 10 cans) OR 1 gal 1-3/4 qt		<div>1. Puree beans in food processor to a smooth consistency. Set aside.</div> <div>2. Puree avocado, lemon zest and juice, garlic, oil, chili powder, and salt to a smooth consistency. Mix in pureed beans.</div> <div>3. Combine shredded cabbage with bean mixture. Cover and refrigerate at 40 °F for no more than 2 hours to avoid avocado oxidizing and turning brown.</div> <div>4. Using a No. 10 scoop (3/8 cup) spread filling on bottom half of tortilla.</div> <div>5. Add 1/2 cup of lettuce and roll in the form of a burrito and seal.</div> <div>6. Cut diagonally in half.</div> <div>7. Critical Control Point: Hold for cold service at 41 °F or lower.</div> <div>8. Portion 1 wrap (two halves).</div>
Fresh avocados, peeled, seeded	2 lb 12 oz	About 6	5 lb 8 oz	About 12		
Fresh lemons, zested then juiced	About 6	2 Tbsp zest 1 cup juice	About 12	1/4 cup zest 2 cups juice		
Fresh garlic cloves, minced		1/2 cup		1 cup		
Extra virgin olive oil		1/4 cup 2 Tbsp		3/4 cup		
Chili powder		1 Tbsp		2 Tbsp		
Salt		1-1/2 Tbsp		3 Tbsp		
Fresh purple cabbage, finely shredded	2 lb 4 oz	2 qt 2 cups	4 lb 8 oz	1 gal 1 qt		
Whole-wheat tortillas, 10" (1.8 oz each)		50		100		
Fresh romaine lettuce, shredded	3 lb 4 oz	1 gal 2-1/2 qt	6 lb 8 oz	3 gal 1 qt		
Serving: 1 wrap (two halves) provides: Legume as Meat Alternate: 1/2 oz equivalent meat alternate, 1/4 cup dark green vegetable, 3/8 cup other vegetable, and 1-3/4 oz equivalent grains. OR Legume as Vegetable: 1/8 cup legume vegetable, 1/4 cup dark green vegetable, 3/8 cup other vegetable, and 1-3/4 oz equivalent grains. 1/2 wrap (one half) provides: 1/8 cup dark green vegetable, 1/4 cup other vegetable, and 3/4 oz equivalent grains. Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.			Yield: 50 servings: about 22 lb 100 servings: about 43 lb		Volume: 50 servings: 50 wraps 100 servings: 100 wraps	

(continued)

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Notes:

Avocados vary in size according to the season. Please measure this product by weight and not by produce amounts.

Special tip for preparing dry beans:

SOAKING BEANS

Overnight Method: Add 1-3/4 qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

Quick-Soak Method: Boil 1-3/4 qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

COOKING BEANS

Once the beans have been soaked, add 1-3/4 qt water for every 1 lb of dry beans. Boil gently with lid tilted until tender, about 2 hours.

Use hot beans immediately.

Critical Control Point: Hold for hot service at 135 °F or higher.

OR

Chill for later use.

Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.

1 lb dry great northern beans = about 2-1/2 cups dry or 6-1/4 cups cooked beans.

NUTRIENTS PER SERVING					
Calories	274.40	Saturated Fat	0.77 g	Iron	2.48 mg
Protein	7.62 g	Cholesterol	0 mg	Calcium	53.97 mg
Carbohydrate	37.91 g	Vitamin A	2879.83 IU (143.99 RAE)	Sodium	424.25 mg
Total Fat	9.53 g	Vitamin C	23.56 mg	Dietary Fiber	8.36 g

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