

Fiesta Wrap

Meal Components: Vegetable - Beans / Peas, Grains, Meat / Meat Alternate

Sandwiches, F-14r

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Quinoa, dry	6 1/2 oz	1 cup	13 oz	2 cups	<ol style="list-style-type: none"> 1. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy. 2. Combine quinoa and water in a covered stock pot and bring to a boil. Reduce heat to low and simmer until water is completely absorbed, about 10-15 minutes. When done, quinoa will be soft and a white ring will pop out of the kernel. 3. Place half of the black beans in a large bowl and lightly hand mash, using gloved hands. Some beans should remain whole. 4. Filling: Combine quinoa, mashed beans, carrots, cheese, red peppers, onions, chili powder, cumin, lime juice, and for 50 servings
Water		2 cups		1 qt	
Canned low-sodium black beans, drained, rinsed	3 lb 6 oz	2 qt (7/8 No. 10 can)	6 lb 12 oz	1 gal (1 3/4 No. 10 cans)	
OR	OR	OR	OR	OR	
*Dry black beans, cooked (See Notes Section)	3 lb 6 oz	2 qt	6 lb 12 oz	1 gal	
*Fresh carrots, shredded	5 1/2 oz	1 1/3 cups	11 oz	2 2/3 cups	

Reduced-fat white cheddar cheese, shredded	3 oz	1 cup	6 oz	2 cups	
*Fresh red bell peppers, diced	5 1/2 oz	1 cup	11 oz	2 cups	
*Fresh red onions, diced	5 1/2 oz	1 cup	11 oz	2 cups	
Chili powder		1 Tbsp		2 Tbsp	
Ground cumin		1 1/2 Tbsp		3 Tbsp	
Lime juice		1 1/2 Tbsp		3 Tbsp	
Whole-wheat tortillas, 6" (0.9 oz each)		25		50	5. Using a No. 8 scoop (½ cup), spread filling on bottom third of tortilla. Roll in the form of a burrito and seal. If preferred, spread filling on half the tortilla and fold in half like a taco.
Vegetable oil		1/4 cup		1/2 cup	6. Brush filled wraps lightly with oil and place seam side down on sheet pan (18" x 26" x 1"). 7. Bake until golden brown: Conventional oven: 325 °F for 15 minutes Convection oven: 300 °F for 10 minutes.. 8. Critical Control Point: Hold for hot service at 135 °F or higher. 9. If desired, serve with fresh diced tomatoes,

Notes

Our Story

Charter Oak International Academy, nestled in the midst of the West Hartford, Connecticut School District, is a thriving magnet school with students from 20 countries, speaking 14 languages! For the contest the recipe challenge team included students from three schools involved in the Chefs Move to Schools program or Farm to School pilot program and one of the founders of "Growing Great Schools," a newly formed parent advocacy group. Their winning creation, Fiesta Wrap, combines spices, whole grains, legumes, and vibrant vegetables to create a taste that is unforgettable. To top it off, kids can crown their wraps with fresh tomatoes, lettuce, and corn salsa.

Charter Oak International Academy

West Hartford, Connecticut

School Team Members

School Nutrition Professional: Sharon Riley (Area Manager, School Nutrition Services)

Chef: Hunter Morton (Executive Chef, Max's Downtown Restaurant)

Community Member: Alicia Brown (Parent)

Students: Cole C., Sasha W., Remie H., Noa B., and Niranda M.

1 wrap provides:

Legume as Meat Alternate: 1 oz equivalent meat alternate and 1 oz equivalent grains.

OR

Legume as Vegetable: ¼ cup legume vegetable and 1 oz equivalent grains

Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Special tip for preparing dry beans:

SOAKING BEANS

OVERNIGHT METHOD: Add 1 $\frac{3}{4}$ 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 $\frac{3}{4}$ 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 $\frac{3}{4}$ qt water for every 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 black beans = about 2 $\frac{1}{4}$ cups dry or 4 $\frac{1}{2}$ cups cooked beans

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Marketing Guide		
Food as Purchased for	25 Servings	25 Servings
Dry black beans	14 oz	1 lb 12 oz
Carrots	6 oz	13 1/4 oz
Red bell peppers	6 oz	13 1/4 oz
Red onions	6 1/4 oz	12 1/2 oz

Serving	Yield	Volume
1 wrap provides: Legume as Meat Alternate: 1 oz equivalent meat alternate and 1 oz equivalent grains. OR Legume as Vegetable: 1/4 cup legume vegetable and 1 oz equivalent grains.	25 Servings: about 5 lb (filling) 50 Servings: about 12 lb (filling)	25 Servings: about 2 qt 2 cups (filling) 25 wraps 50 Servings: about 1 gallon 2 quarts (filling) 50 wraps

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Nutrients Per Serving

Calories	175	Saturated Fat	1 g	Iron	2 mg
Protein	7 g	Cholesterol	2 mg	Calcium	346 mg
Carbohydrate	27 g	Vitamin A	1465 IU	Sodium	346 mg
Total Fat	5 g	Vitamin C	12 mg	Dietary Fiber	5 g