

Black Bean Wrap with Jicama-Grilled Corn Salsa

Makes: 10 Servings

“We chose this recipe because the children love bean burritos!” says Taddy’s dad, Ryan. “This version is fun for them to build their wraps from the fresh vegetables we grow in our garden. The beans and quinoa are high in nutrients and protein, and there is a nice balance with the yogurt for dessert.” Taddy likes to serve it with a nonfat Greek-style yogurt parfait that stars fresh pineapple and strawberries.

Ingredients

For the Black Bean Wraps:

- 1 cup** dried black beans
- 1 tablespoon** olive oil
- 1/2** medium onion, diced
- 1** medium carrot, diced
- 1/8 cup** diced celery
- 3 cloves** garlic
- 3 cups** water
- 1/2 cup** cooked quinoa
- Salt and freshly ground black pepper

For the jicama-grilled salsa:

- 1 cup** diced jicama
- 1** green bell pepper, seeded and diced
- 1** red bell pepper, seeded and diced
- 1** jalapeño, seeded and minced
- 1 cup** grilled or boiled corn kernels
- 1/2** medium red onion, diced, optional
- 1/4 cup** red wine vinegar
- 2 tablespoons** freshly squeezed lime juice
- 2 cloves** garlic, minced
- 1 tablespoon** Dijon mustard
- 1 teaspoon** salt
- 1/2 teaspoon** freshly ground black pepper
- 1/2 cup** olive oil



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	363	
Total Fat	16 g	25%
Protein	9 g	
Carbohydrates	44 g	15%
Dietary Fiber	9 g	36%
Saturated Fat	2 g	10%
Sodium	446 mg	19%

MyPlate Food Groups

Vegetables	1 cup
Grains	1 1/2 ounces

Directions

To make the black bean wraps:

1. Soak the black beans in cold water in the refrigerator overnight. Drain and rinse the soaked beans.
2. In a medium saucepan pan over moderate heat, warm the olive oil. Add the onion, carrot, celery, and garlic and sauté, stirring occasionally, until soft and translucent, about 3 minutes. Add the beans and 3 cups water and bring to a boil. Lower the heat and simmer the beans, stirring occasionally, for 30 minutes. Remove the beans from the heat and cool.
3. Transfer the beans to a food processor and purée until smooth. Transfer to a large bowl, add the cooked quinoa, and stir to combine. Season with salt and pepper

To make the jicama–grilled corn salsa:

1. In a medium bowl, toss together the jicama, green and red bell peppers, jalapeño, corn, and red onion, if using.
2. In a blender combine the vinegar, lime juice, garlic, mustard, salt, and pepper. Blend well then slowly add the olive oil. Drizzle the vinaigrette over the salsa and stir to combine.

To serve:

1. Warm the tortillas in the oven or microwave. Spread 1 tablespoon of the black bean purée down the middle of each tortilla then top with spinach, avocado, salsa, and cilantro. Roll up and enjoy.

Notes

State: Illinois

Child's Name: Taddy Pettit, 10

The Epicurious 2013 Healthy Lunchtime Challenge Cookbook