

# Fiesta Wrap

Rating: ★★★★★

Prep time: 15 minutes

Cook time: 25 minutes

Makes: 6 Wraps

This delicious main dish features a quinoa and black bean filling seasoned with spices, lime juice, and a medley of carrots, red peppers, red onions, and reduced-fat cheddar cheese.

## Ingredients

- 1/4 cup** Quinoa, dry
- 2 1/4 cups** Canned low-sodium black beans, drained, rinsed
- 1/4 cup** Fresh red bell pepper, seeded, diced
- 1/4 cup** Fresh red onions, peeled, diced
- 1/2 cup** Fresh carrots, peeled, diced
- 1/4 cup** Reduced-fat white cheddar cheese, shredded (1 oz)
- 1 teaspoon** chili powder
- 1 1/4 teaspoons** ground cumin
- 1 1/4 teaspoons** Fresh lime juice
- 6** Whole-wheat tortillas, 6"
- 1 tablespoon** vegetable oil

## Directions

1. Preheat oven to 325 °F.
2. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy. Combine quinoa and 3/4 cup water in a small pot. Cover and bring to a boil. Turn heat down 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. The white ring will appear only when it is fully cooked. Fluff with a fork and set aside. A rice cooker may be used with the same quantity of quinoa and water.



## Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	175	
Total Fat	5 g	
Protein	7 g	
Carbohydrates	27 g	
Dietary Fiber	5 g	
Saturated Fat	0.63 g	
Sodium	364 mg	

## MyPlate Food Groups

Grains	1 ounce
Protein Foods	1 ounce

3. Place black beans in a large mixing bowl. Lightly mash beans by squeezing them using gloved hands (at least 50 percent of the beans should appear whole). Be careful not to over-mash beans.
4. To make filling, add to the mashed beans the quinoa, red peppers, red onions, carrots, cheese, chili powder, cumin, and lime juice.
5. For each wrap, place ½ cup of filling on the bottom half of tortilla and roll in the form of a burrito. The wrap may also be folded in half like a taco.
6. Brush filled wraps lightly with vegetable oil and place on a baking sheet. Bake for 10 minutes at 325 °F. Wraps will be lightly brown. Serve hot. If desired, serve with fresh diced tomatoes, corn salsa, and/or lettuce.

## 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:**  $\frac{1}{4}$  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.*

Recipes for Healthy Kids Cookbook for Homes