

# Purple Power Bean Wrap

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

Sandwiches, F-15r

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned low-sodium great northern beans, drained, rinsed	3 lb	1 qt 1 2/3 cups (2/3 No. 10 can)	6 lb	2 qt 3 1/3 cups (1 1/3 No. 10 cans)	<ol style="list-style-type: none"> <li>Puree beans in food processor to a smooth consistency. Set aside</li> </ol>
OR	OR	OR	OR	OR	
*Dry great northern beans, cooked (See Notes Section)	3 lb	1 qt 1 2/3 cups	6 lb	2 qt 3 1/3 cups	
*Fresh avocados, peeled, seeded	1 lb 6 oz	About 3	2 lb 12 oz	About 6	<ol style="list-style-type: none"> <li>Puree avocado, lemon zest and juice, garlic, oil, chili powder, and salt to a smooth consistency. Mix in pureed beans.</li> </ol>
*Fresh lemons, zested then juiced	About 3	1 Tbsp zest 1/2 cup juice	About 6	2 Tbsp zest 1 cup juice	
Fresh garlic cloves, minced		1/4 cup		1/2 cup	
Extra virgin olive oil		3 Tbsp		1/4 cup 2 Tbsp	
Chili powder		1 1/2 tsp		1 Tbsp	

*Fresh purple cabbage, finely shredded	1 lb 2 oz	1 qt 1 cup	2 lb 4 oz	2 qt 2 cups	<b>3.</b> Combine shredded cabbage with bean mixture. .
Whole-wheat tortillas, 10" (1.8 oz each)		25		50	<b>4.</b> Using a No. 10 scoop (3/8 cup) spread filling on bottom half of tortilla.
*Fresh romaine lettuce, shredded	1 lb 10 oz	3 qt 1 cup	3 lb 4 oz	1 gal 2 1/2 qt	<b>5.</b> Add 1/2 cup of lettuce and roll in the form of a burrito and seal. <b>6.</b> Cut diagonally in half. <b>7.</b> Critical Control Point: Hold for cold service at 40 °F or lower. <b>8.</b> Portion 1 wrap (two halves).

## Notes

### Our Story

Newman Elementary School is the largest elementary school in the Needham Public School District. It serves over 700 students in preschool through the 5th grade, offering an engaging and supportive learning environment to all of the students.

The recipe competition was a great opportunity for the students to play a major role in sustaining a healthy school environment. Six students were able to participate on the recipe challenge team, which worked for several weeks trying different recipes that combined puréed beans with a variety of different ingredients.

The team eventually decided that avocado and purple cabbage yielded the best color and flavor combination. Their end result was an entrée called Purple Power Bean Wrap—a delicious, nutritious, and really cool vegetarian meal. It is sure to surprise and delight your children!

Newman Elementary School

Needham, Massachusetts

### **School Team Members**

**School Nutrition Professional:** Steve Farrell

**Chef:** Sue Findlay

**Community Members:** Kim Benner (Parent) and Anne Hayek (Parent)

**Students:** James B., John B., Maeve B., Sophie F-W., Becca S., and Chloé M.

#### **1 wrap (two halves) provides:**

**Legume as Meat Alternate:** ½ 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, ¼ cup dark green vegetable, 3/8 cup other vegetable, and 1 3/4 oz equivalent grains.

#### **½ wrap (one half) provides:**

**Legume as Vegetable:** 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.*

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

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 ¾ 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 ¾ 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 ¾ 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 great northern beans = about 2 ½ cups dry or 6 ¼ 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 great northern beans	1 lb 1 oz	2 lb 2 oz
Avocados	3 (2 lb)	6 (4 lb)
Lemons	3 (1 lb)	6 (2 lb)
Purple cabbage	1 lb 6 oz	2 lb 12 oz
Romaine lettuce	2 lb 2 oz	3 lb 6 oz

Serving	Yield	Volume
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.	<b>25 Servings:</b> about 11 lb	<b>25 Servings:</b> 25 wraps
	<b>50 Servings:</b> about 22 lb	<b>50 Servings:</b> 50 wraps

Nutrients Per Serving					
Calories	274.4	Saturated Fat	0.77 g	Iron	2.48 mg
Protein	7.62 g	Cholesterol		Calcium	53.97 mg
Carbohydrate	37.91 g	Vitamin A	2879.83 IU	Sodium	424.25 mg
Total Fat	9.53 g	Vitamin C	23.56 mg	Dietary Fiber	8.36 g