Dry Beans and Peas

Rolled up in a whole-wheat tortilla are avocado, white beans, lettuce, and shredded purple cabbage that pack a powerful purple punch in this delicious vegetarian wrap.

Purple Power Bean Wrap

NEWMAN ELEMENTARY SCHOOL
Needham, Massachusetts

Our Story

The Newman Elementary School is the largest elementary school in the Needham Public School District. Serving over 700 students in preschool through the 5th grade, Newman offers an engaging and supportive learning environment for all children.

The recipe competition was a great opportunity for the students to play a major role in sustaining a healthy school environment. Six students helped out with the recipe challenge. When great northern beans became available, the team took the challenge of preparing beans in a recipe that kids would eat and enjoy. The recipe challenge team worked for several weeks in the school kitchen trying different recipes that combined puréed beans with a variety of different ingredients.

They eventually decided that avocado and purple cabbage yielded the best color and flavor combination for the entrée. The end result was called Purple Power Bean Wrap. It's sure to surprise and delight your children!

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.

Purple Power Bean Wrap

Meal Components: Meat Alternate-Legume Vegetable-Dark Green Vegetable-Other Vegetable-Grains **Sandwiches F-15r**

Ingredients	25 Servings		50 Servings		Directions Canned Beans Process #1: No Cook Dried Beans Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Canned low-sodium great northern beans, drained, rinsed OR *Dry great northern beans, cooked (See Notes Section)	3 lb OR 3 lb	1 qt 1 ⅔ cups (⅔ No. 10 can) OR 1 qt 1 ⅔ cups	6 lb OR 6 lb	2 qt 3 ⅓ cups (1 ⅓ No. 10 cans) OR 2 qt 3 ⅓ cups	1. Puree beans in food processor to a smooth consistency. Set aside.
*Fresh avocados, peeled, seeded	1 lb 6 oz	About 3	2 lb 12 oz	About 6	2. Puree avocado, lemon zest and juice, garlic, oil, chili powder, and salt to a smooth consistency. Mix in pureed beans.
*Fresh lemons, zested then juiced	About 3	1 Tbsp zest ½ cup juice	About 6	2 Tbsp zest 1 cup juice	
Fresh garlic cloves, minced		¼ cup		½ cup	
Extra virgin olive oil		3 Tbsp		¼ cup 2 Tbsp	
Chili powder		1 ½ tsp		1 Tbsp	
Salt		2 ¼ tsp		1 ½ Tbsp	
*Fresh purple cabbage, finely shredded	1 lb 2 oz	1 qt 1 cup	2 lb 4 oz	2 qt 2 cups	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.
Whole-wheat tortillas, 10" (1.8 oz each)		25		50	4. Using a No. 10 scoop (⅜ 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 ½ qt	5. Add ½ cup of lettuce and roll in the form of a burrito and seal.
					6. Cut diagonally in half. 7. Critical Control Point: Hold for cold service at 40 °F or lower.
					8. Portion 1 wrap (two halves).

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

Purple Power Bean Wrap

Meal Components: Meat Alternate-Legume Vegetable-Dark Green Vegetable-Other Vegetable-Grains **Sandwiches F-15r**

Notes

*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.

Nutrients Per Serving (1 wrap)

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

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	50 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:** ½ oz equivalent meat alternate, ¼ cup dark green vegetable, ⅜ cup other vegetable, and 1 ¾ oz equivalent grains. OR **Legume as Vegetable:** ⅛ cup legume vegetable, ¼ cup dark green vegetable, ⅜ cup other vegetable, and 1 ¾ oz equivalent grains. ½ wrap (one half) provides: ⅛ cup dark green vegetable, ¼ cup other vegetable, and ¾ oz equivalent grains. *Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.*	25 Servings: about 11 lb 50 Servings: about 22 lb	25 Servings: 25 wraps 50 Servings: 50 wraps