Fiesta Wrap

CHARTER OAK INTERNATIONAL ACADEMY
West Hartford, Connecticut

Our Story

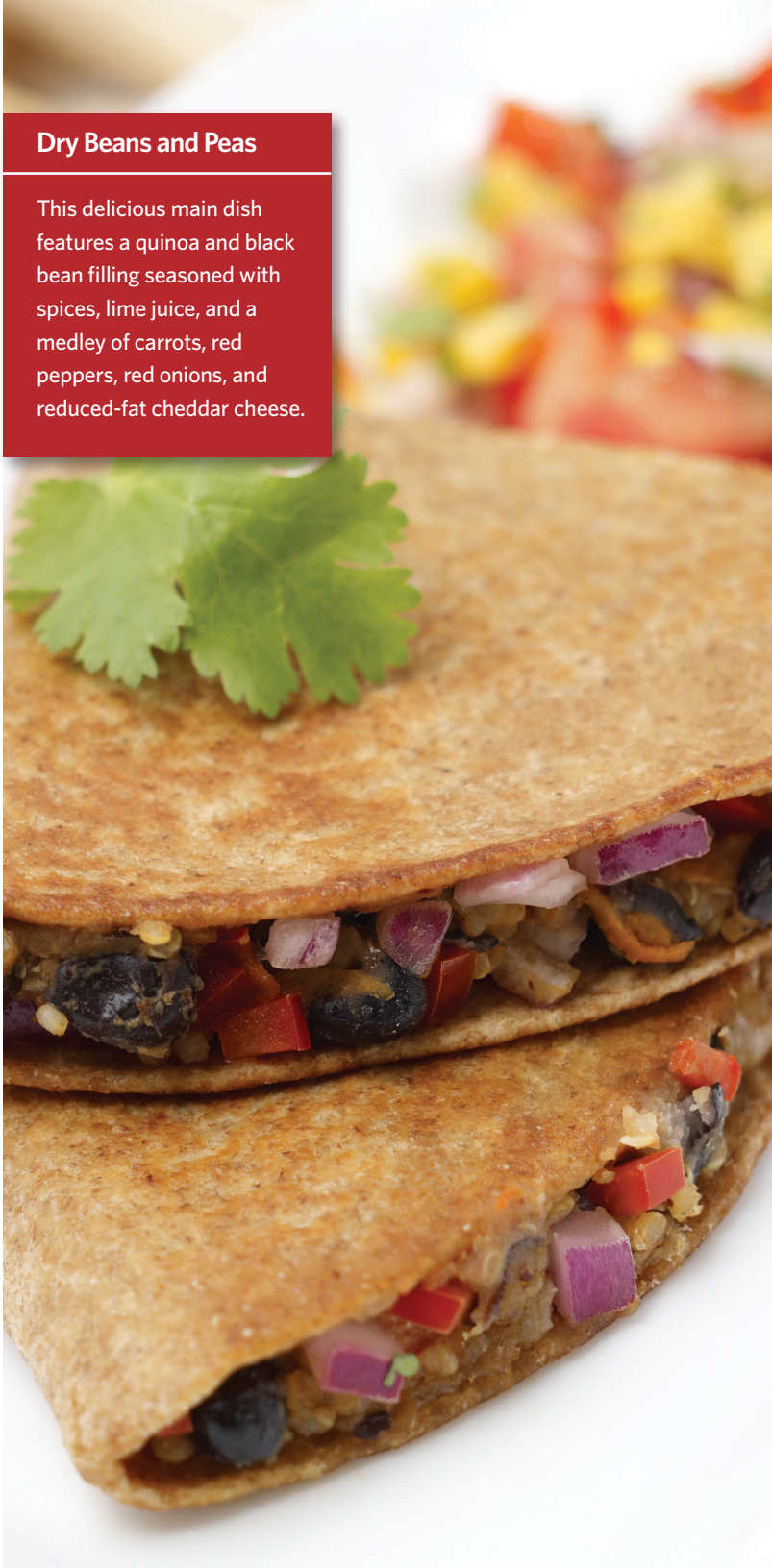
Charter Oak International Academy, nestled in the midst of the West Hartford, Connecticut School District, is a thriving magnet school with students from 20 countries, speaking 14 languages! For the contest the recipe challenge team included students from three schools involved in the *Chefs Move to 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.

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.

Dry Beans and Peas

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.



Fiesta Wrap

Ingredients

¼ cup Quinoa, dry
2 ¼ cups Canned low-sodium black beans, drained, rinsed
¼ cup Fresh red bell pepper, seeded, diced
¼ cup Fresh red onions, peeled, diced
½ cup Fresh carrots, peeled, shredded
¼ cup Reduced-fat white cheddar cheese, shredded (1 oz)
1 tsp Chili powder
1 ¼ tsp Ground cumin
1 ¼ tsp Fresh Lime juice
6 Whole-wheat tortillas, 6"
1 Tbsp Vegetable oil

Preparation Time: 15 minutes
Cooking Time: 25 minutes
Makes six wraps

Directions

1. Preheat oven to 325 °F.

2. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy. Combine quinoa and ¾ 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.

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.

Nutrients Per Serving: Calories **175,** Protein **7 g,** Carbohydrate **27 g,** Dietary Fiber **5 g,** Total Fat **5 g,** Saturated Fat **< 1 g,** Cholesterol **2 mg,** Vitamin A **1465 IU (77 RAE),** Vitamin C **12 mg,** Iron **2 mg,** Calcium **62 mg,** Sodium **346 mg**

Directions for Fiesta Wrap (continued)

If desired, serve with fresh diced tomatoes, corn salsa, and/or lettuce.

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.