Purple Power Bean Wrap

NEWMAN ELEMENTARY SCHOOL
Needham, Massachusetts

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!

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.

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

Ingredients

1 tsp Lemon zest (make zest from juiced lemon)

2 Tbsp Fresh lemon, juiced

2 cups Canned low-sodium great northern beans, drained, rinsed

½ cup Fresh avocado, peeled, pitted, puréed

1 Tbsp Fresh garlic, minced

2 ¼ tsp Extra virgin olive oil

⅓ tsp Chili powder

½ tsp Salt

1 ½ cups Fresh purple cabbage, finely shredded

6 Whole-wheat tortillas, 10″

3 cups Fresh romaine lettuce, shredded

Preparation Time: 20 minutes
Cooking Time: 20 minutes
Makes six wraps

Directions

1. Grate lemon rind on hand-held grater or citrus zester to make zest. Juice lemons. Set aside.

2. Purée beans in a food processor or a blender until smooth. Put into a large mixing bowl and set aside.

3. Purée avocado, lemon juice, lemon zest, garlic, olive oil, chili powder, and salt until smooth. Mix into pureed beans. Add shredded cabbage. Mix well.

4. You may cover and refrigerate at 40 °F for no more than 2 hours to avoid browning of avocado.

5. For each wrap, place ⅓ cup of bean filling on the bottom half of tortilla. Top with ½ cup of lettuce. Roll in the form of a burrito. Cut diagonally. Serve immediately.

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.

Nutrients Per Serving (1 wrap): Calories **274,** Protein **8 g,** Carbohydrate **38 g,** Dietary Fiber **8 g,** Total Fat **10 g,** Saturated Fat **< 1 g,** Cholesterol **0 mg,** Vitamin A **2880 IU (144 RAE),** Vitamin C **24 mg,** Iron **2 mg,** Calcium **54 mg,** Sodium **424 mg**