Dry Beans and Peas

This delicious main dish features a quinoa and black bean filling seasoned with cumin, chili powder, lime juice, and a medley of shredded carrots, red peppers, red onion, and reduced-fat cheddar cheese.

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. The team's objectives were to improve the nutritional quality of meals being served in schools and to connect students with their food sources. To test the recipe, Fiesta Wrap was served to over 250 students, and an overwhelming majority gave the recipe a "thumbs-up." This winning creation 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.

The team was excited to work on the contest and was even more thrilled when their recipe was chosen to be featured in this cookbook.

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.

Fiesta Wrap

Meal Components: Meat Alternate-Legume Vegetable-Grains **Sandwiches F-14r**

Ingredients	25 Servings		Directions Process #2: Same Day Service
	Weight	Measure	
Quinoa, dry	6 ½ oz	1 cup	1. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy.
Water		2 cups	2. Combine quinoa and water in a covered stock pot and bring to a boil. Reduce heat 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 only appear when it is fully cooked. Fluff. Set aside.
Canned low-sodium black beans, drained, rinsed OR *Dry black beans, cooked (See Notes Section)	3 lb 6 oz OR 3 lb 6 oz	2 qt (⅞ No. 10 can) OR 2 qt	3. Place half of the black beans in a large bowl and lightly hand mash, using gloved hands. Some beans should remain whole. For 25 servings, mash to yield about 1 qt 2 ½ cups.
*Fresh carrots, shredded	5 ½ oz	1 ⅓ cups	Filling: 4. Combine quinoa, mashed beans, carrots, cheese, red peppers, onions, chili powder, cumin, lime juice, and for 50 servings only, salt. Mix thoroughly.
Reduced-fat white cheddar cheese, shredded	3 oz	1 cup	
*Fresh red bell peppers, diced	5 ½ oz	1 cup	
*Fresh red onions, diced	5 ½ oz	1 cup	
Chili powder		1 Tbsp	
Ground cumin		1 ½ Tbsp	
Lime juice		1 ½ Tbsp	
Salt		0	
Whole-wheat tortillas, 6" (0.9 oz each)		25	5. Using a No. 8 scoop (½ cup), spread filling on bottom third of tortilla. Roll in the form of a burrito and seal. If preferred, spread filling on half the tortilla and fold in half like a taco.

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

Fiesta Wrap

Meal Components: Meat Alternate-Legume Vegetable-Grains **Sandwiches F-14r**

Ingredients	25 Servings		Directions Process #2: Same Day Service
	Weight	Measure	
Vegetable oil		¼ cup	6. Brush filled wraps lightly with oil and place seam side down on sheet pan (18" x 26" x 1"). For 25 servings, use 1 pan.
			7. Bake until golden brown: Conventional oven: 325 °F for 15 minutes Convection oven: 300 °F for 10 minutes Critical Control Point: Heat to 140 °F for at least 15 seconds. 8. Critical Control Point: Hold for hot service at 135 °F or higher. 9. If desired, serve with fresh diced tomatoes, corn salsa, lettuce, and/or salsa.
			10. Serve 1 wrap.

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

Fiesta Wrap

Meal Components: Meat Alternate-Legume Vegetable-Grains

Sandwiches F-14r

Notes

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

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 black beans = about 2 ¼ cups dry or 4 ½ 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
Dry black beans	14 oz
Carrots	6 oz
Red bell peppers	6 oz
Red onions	6 ¼ oz

Nutrients Per Serving

Calories	175.48	Saturated Fat	0.63 g	Iron	2.05 mg
Protein	6.86 g	Cholesterol	1.91 mg	Calcium	61.64 mg
Carbohydrate	26.93 g	Vitamin A	1465.09 IU (77.28 RAE)	Sodium	346.18 mg
Total Fat	5.07 g	Vitamin C	11.98 mg	Dietary Fiber	5.16 g

Serving	Yield	Volume
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.*	25 Servings: about 5 lb (filling)	25 Servings: about 2 qt 2 cups (filling) 25 wraps

Fiesta Wrap

Meal Components: Meat Alternate-Legume Vegetable-Grains **Sandwiches F-14r**

Ingredients	50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	
Quinoa, dry	13 oz	2 cups	1. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy.
Water		1 qt	2. Combine quinoa and water in a covered stock pot and bring to a boil. Reduce heat 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 only appear when it is fully cooked. Fluff. Set aside.
Canned low-sodium black beans, drained, rinsed OR *Dry black beans, cooked (See Notes Section)	6 lb 12 oz OR 6 lb 12 oz	1 gal (1 ¾ No. 10 cans) OR 1 gal	3. Place half of the black beans in a large bowl and lightly hand mash, using gloved hands. Some beans should remain whole. For 50 servings, mash to yield about 3 qt 1 cup.
*Fresh carrots, shredded	11 oz	2 ⅔ cups	Filling: 4. Combine quinoa, mashed beans, carrots, cheese, red peppers, onions, chili powder, cumin, lime juice, and for 50 servings only, salt. Mix thoroughly.
Reduced-fat white cheddar cheese, shredded	6 oz	2 cups	
*Fresh red bell peppers, diced	11 oz	2 cups	
*Fresh red onions, diced	11 oz	2 cups	
Chili powder		2 Tbsp	
Ground cumin		3 Tbsp	
Lime juice		3 Tbsp	
Salt		2 tsp	
Whole-wheat tortillas, 6" (0.9 oz each)		50	5. Using a No. 8 scoop (½ cup), spread filling on bottom third of tortilla. Roll in the form of a burrito and seal. If preferred, spread filling on half the tortilla and fold in half like a taco.

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

Fiesta Wrap

Meal Components: Meat Alternate-Legume Vegetable-Grains **Sandwiches F-14r**

Ingredients	50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	
Vegetable oil		½ cup	6. Brush filled wraps lightly with oil and place seam side down on sheet pan (18″ x 26″ x 1″). For 50 servings, use 2 pans.
			7. Bake until golden brown: Conventional oven: 325 °F for 15 minutes Convection oven: 300 °F for 10 minutes Critical Control Point: Heat to 140 °F for at least 15 seconds. 8. Critical Control Point: Hold for hot service at 135 °F or higher. 9. If desired, serve with fresh diced tomatoes, corn salsa, lettuce, and/or salsa.
			10. Serve 1 wrap.

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

Fiesta Wrap

Meal Components: Meat Alternate-Legume Vegetable-Grains

Sandwiches F-14r

Notes

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

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 black beans = about 2 ¼ cups dry or 4 ½ 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	50 servings
Dry black beans	1 lb 12 oz
Carrots	13 ¼ oz
Red bell peppers	13 ¾ oz
Red onions	12 ½ oz

Nutrients Per Serving

Calories	175.48	Saturated Fat	0.63 g	Iron	2.05 mg
Protein	6.86 g	Cholesterol	1.91 mg	Calcium	61.64 mg
Carbohydrate	26.93 g	Vitamin A	1465.09 IU (77.28 RAE)	Sodium	346.18 mg
Total Fat	5.07 g	Vitamin C	11.98 mg	Dietary Fiber	5.16 g

Serving	Yield	Volume
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.*	50 Servings: about 12 lb (filling)	50 Servings: about 1 gallon 2 quarts (filling) 50 wraps

Fiesta Wrap

Meal Components: Meat Alternate-Legume Vegetable-Grains **Sandwiches F-14r**

Ingredients	100 Servings		Directions Process #2: Same Day Service
	Weight	Measure	
Quinoa, dry	1 lb 10 oz	1 qt	1. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy.
Water		2 qt	2. Combine quinoa and water in a covered stock pot and bring to a boil. Reduce heat 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 only appear when it is fully cooked. Fluff. Set aside.
Canned low-sodium black beans, drained, rinsed OR *Dry black beans, cooked (See Notes Section)	13 lb 8 oz OR 13 lb 8 oz	2 gal (3 ½ No. 10 cans) OR 2 gal	3. Place half of the black beans in a large bowl and lightly hand mash, using gloved hands. Some beans should remain whole. For 100 servings, mash to yield about 1 gal 2 ½ qt.
*Fresh carrots, shredded	1 lb 6 oz	1 qt 1 ⅓ cups	Filling: 4. Combine quinoa, mashed beans, carrots, cheese, red peppers, onions, chili powder, cumin, lime juice, and salt. Mix thoroughly.
Reduced-fat white cheddar cheese, shredded	12 oz	1 qt	
*Fresh red bell peppers, diced	1 lb 6 oz	1 qt	
*Fresh red onions, diced	1 lb 6 oz	1 qt	
Chili powder		¼ cup	
Ground cumin		¼ cup 2 Tbsp	
Lime juice		¼ cup 2 Tbsp	
Salt		1 Tbsp 1 tsp	
Whole-wheat tortillas, 6" (0.9 oz each)		100	5. Using a No. 8 scoop (½ cup), spread filling on bottom third of tortilla. Roll in the form of a burrito and seal. If preferred, spread filling on half the tortilla and fold in half like a taco.

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Fiesta Wrap

Meal Components: Meat Alternate-Legume Vegetable-Grains **Sandwiches F-14r**

Ingredients	100 Servings		Directions Process #2: Same Day Service
	Weight	Measure	
Vegetable oil		1 cup	6. Brush filled wraps lightly with oil and place seam side down on sheet pan (18″ x 26″ x 1″). For 100 servings, use 4 pans.
			7. Bake until golden brown: Conventional oven: 325 °F for 15 minutes Convection oven: 300 °F for 10 minutes Critical Control Point: Heat to 135 °F for at least 15 seconds. 8. Critical Control Point: Hold for hot service at 135 °F or higher. 9. If desired, serve with fresh diced tomatoes, corn salsa, lettuce, and/or salsa.
			10. Serve 1 wrap.

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COOKING BEANS
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Use hot beans immediately.

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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 black beans = about 2 ¼ cups dry or 4 ½ 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	100 Servings
Dry black beans	3 lb 8 oz
Carrots	1 lb 10 ½ oz
Red bell peppers	1 lb 11 ½ oz
Red onions	1 lb 9 oz

Nutrients Per Serving

Calories	175.48	Saturated Fat	0.63 g	Iron	2.05 mg
Protein	6.86 g	Cholesterol	1.91 mg	Calcium	61.64 mg
Carbohydrate	26.93 g	Vitamin A	1465.09 IU (77.28 RAE)	Sodium	346.18 mg
Total Fat	5.07 g	Vitamin C	11.98 mg	Dietary Fiber	5.16 g

Serving	Yield	Volume
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.*	100 Servings: about 23 lb 8 oz (filling)	100 Servings: about 3 gallons (filling) 100 wraps