Fiesta Wrap

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

Ingredients	25 Servings		50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Quinoa, dry	6 ½ oz	1 cup	13 oz	2 cups	1. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy.
Water		2 cups		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)	3 lb 6 oz OR 3 lb 6 oz	2 qt (⅞ No. 10 can) OR 2 qt	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 25 servings, mash to yield about 1 qt 2 ½ cups. For 50 servings, mash to yield about 3 qt 1 cup.
*Fresh carrots, shredded	5 ½ oz	1 ⅓ cups	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	3 oz	1 cup	6 oz	2 cups	
*Fresh red bell peppers, diced	5 ½ oz	1 cup	11 oz	2 cups	
*Fresh red onions, diced	5 ½ oz	1 cup	11 oz	2 cups	
Chili powder		1 Tbsp		2 Tbsp	
Ground cumin		1 ½ Tbsp		3 Tbsp	
Lime juice		1 ½ Tbsp		3 Tbsp	
Salt		0		2 tsp	
Whole-wheat tortillas, 6" (0.9 oz each)		25		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.

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Ingredients	25 Servings		50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Vegetable oil		¼ cup		½ 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. 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.

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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	50 servings
Dry black beans	14 oz	1 lb 12 oz
Carrots	6 oz	13 ¼ oz
Red bell peppers	6 oz	13 ¾ oz
Red onions	6 ¼ oz	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.*	25 Servings: about 5 lb (filling) 50 Servings: about 12 lb (filling)	25 Servings: about 2 qt 2 cups (filling) 25 wraps 50 Servings: about 1 gallon 2 quarts (filling) 50 wraps