

GOLDEN STATE BURRITO

Meat/Meat Alternate-Vegetable-Main Dishes

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Onions, chopped		6 1/2 cups		3 qt, plus 1 cup	<ol style="list-style-type: none"> Sauté the onions in a deep pot or sauté pan with 2 teaspoons cumin, 1 teaspoon paprika, and 1 teaspoon salt. Cook until the onions are tender. Add 1 cup cilantro, black beans, and lime juice to the onions and toss to combine. Remove from heat. Place the squash on a parchment-lined baking sheet and drizzle with 2 tablespoons olive oil, 1 teaspoon salt, and 2 teaspoons cumin. Roast for 15 minutes at 400 degrees. Add to black bean mixture. In a large cooking pot, place the rice, water, tomato sauce, 2 teaspoons cumin and turmeric each, 1 teaspoon paprika, 1 tablespoon olive oil, 1 teaspoon salt, and 1 cup cilantro. Bring to boil over medium high heat, uncovered. Cover and reduce heat to low. Simmer for 15 minutes, or until rice is tender and fluffy. Combine cooked rice with the bean mixture. Use a 1-cup scooper to measure out 1 scoop per tortilla/burrito wrapper. Spread out like a long brick in the center of the tortilla. Sprinkle with spinach. Roll and wrap in paper, not foil. Cut in half through paper, on a diagonal.
Cumin seed, ground		2 Tbsp		1/4 cup	
Paprika		1/4 cup		1/2 cup	
Salt		1 Tbsp		2 Tbsp	
Cilantro, raw, chopped		4 cups		8 cups	
Beans, black, canned, low sodium, drained		1 #10 can, plus 1 qt		2 #10 cans, plus 2 qt	
Lime juice		Juice of 3 limes		Juice of 6 limes	
Squash, Summer, Crookneck or Straightneck, cooked		3 qt, plus 1 1/4 cups		6 qt, plus 2 1/2 cups	
Oil, olive, salad or cooking		3 Tbsp		1/4 cup, plus 2 Tbsp	
Brown rice, long-grain or quick cooking, uncooked		5 cups		2 qt, plus 2 cups (10 cups)	
Water		10 cups		20 cups	
Tomato sauce	5.28 oz		10 1/2 oz		
Turmeric		2 tsp		1 Tbsp, plus 1 tsp	
Spinach, raw		11 cups		5 qt, plus 2 cups	
Tortilla, flour 12"		25 tortillas		50 tortillas	

**Recipe from Novato Unified School District:
Winner of PCRM's 2012 Golden Carrot Award**

Serving	Yield	Volume
1 cup scooper, 1/2 tortilla	50 Servings	50 1/2 tortillas
Meal component contribution: Each serving provides 1/2 ounce meat/meat alternate and 1/2 cup vegetables.	100 Servings	100 1/2 tortillas

Nutrients Per Serving							
Calories	344 kcal	Saturated Fat	0.407 g	Iron	4.47 mg	% of calories from fat	6.11%
Protein	11.90 g	Cholesterol	0 g	Calcium	133 mg	% of calories from saturated fat	21.00%
Carbohydrate	68.85 g	Vitamin A	84 mcg	Sodium	691 mg	% of calories from sugar	3.62%
Total Fat	2.47 g	Vitamin C	8.16 mg	Dietary Fiber	10.31 g		

Notes: HACCP: 3) PHF-Complex. Serve with fresh fruit, a 2 oz. container of salsa, and chips.

Recipe adapted from Novato Unified School District, Calif., and chef Hollie Greene. Under the guidance of food service director, Miguel Villareal, Novato Public School District eliminated red meat, soda, and most processed foods from their school lunch several years ago. They use the cost savings from these eliminated foods to purchase fresh fruits and vegetables from local farmers. Popular menu items include veggie burgers with cucumber coins, fresh salads with pita chips, and sun butter sandwiches.