



United States Department of Agriculture
What's Cooking? USDA Mixing Bowl

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Purple Power Bean Wrap

Makes: 25 or 50 Servings

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.



25 Servings

50 Servings

Ingredients	25 Servings		50 Servings	
	Weight	Measure	Weight	Measure
Canned low-sodium great northern beans, drained, rinsed	3 lb	1 qt 1 2/3 cups (2/3 No. 10 can)	6 lb	2 qt 3 1/3 cups (1 1/3 No. 10 cans)
OR	OR	OR	OR	OR
*Dry great northern beans, cooked (See Notes Section)	3 lb	1 qt 1 2/3 cups	6 lb	2 qt 3 1/3 cups
*Fresh avocados, peeled, seeded	1 lb 6 oz	About 3	2 lb 12 oz	About 6
*Fresh lemons, zested then juiced	About 3	1 Tbsp zest 1/2 cup juice	About 6	2 Tbsp zest 1 cup juice
Fresh garlic cloves, minced		1/4 cup		1/2 cup
Extra virgin olive oil		3 Tbsp		1/4 cup 2 Tbsp
Chili powder		1 1/2 tsp		1 Tbsp
Salt		2 1/4 tsp		1 1/2 Tbsp
*Fresh purple cabbage, finely shredded	1 lb 2 oz	1 qt 1 cup	2 lb 4 oz	2 qt 2 cups
Whole-wheat tortillas, 10" (1.8 oz each)		25		50
*Fresh romaine lettuce, shredded	1 lb 10 oz 3 qt	1 cup	3 lb 4 oz	1 gal 2 1/2 qt

Directions

1. Puree beans in food processor to a smooth consistency. Set aside
2. Puree avocado, lemon zest and juice, garlic, oil, chili powder, and salt to a smooth consistency. Mix in pureed beans.
3. Combine shredded cabbage with bean mixture. . Cover and refrigerate at 40 °F for no more than 2 hours to avoid avocado oxidizing and turning brown
4. Using a No. 10 scoop (3/8 cup) spread filling on bottom half of tortilla.
5. Add 1/2 cup of lettuce and roll in the form of a burrito and seal.
6. Cut diagonally in half.
7. Critical Control Point: Hold for cold service at 40 °F or lower.
8. Portion 1 wrap (two halves).

Notes

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!

Newman Elementary School

Needham, Massachusetts

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.

1 wrap (two halves) provides:

Legume as Meat Alternate: ½ oz equivalent meat alternate, 1/4 cup dark green vegetable, 3/8 cup other vegetable, and 1 3/4 oz equivalent grains.

OR

Legume as Vegetable: 1/8 cup legume vegetable, ¼ cup dark green vegetable, 3/8 cup other vegetable, and 1 3/4 oz equivalent grains.

½ wrap (one half) provides:

Legume as Vegetable: 1/8 cup dark green vegetable, 1/4 cup other vegetable, and 3/4 oz equivalent grains.

Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.

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

Avocados vary in size according to the season. Please measure this product by weight and not by produce amounts.

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 great northern beans = about 2 ½ cups dry or 6 ¼ cups cooked beans.

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

My Notes

Source: Recipes for Healthy Kids Cookbook for Child Care Centers

Nutrition Information

Nutrients	Amount	Meal Components
Calories	274	Vegetables
Total Fat	10 g	Dark Green 1/4 cup
Saturated Fat	1 g	Other 3/8 cup
Cholesterol	0 mg	Grains 1 3/4 ounces
Sodium	424 mg	Meat / Meat Alternate 1/2 ounce
Total Carbohydrate	38 g	For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs.
Dietary Fiber	8 g	
Total Sugars	3 g	
Added Sugars included	N/A	
Protein	8 g	
Vitamin D	0 IU	
Calcium	54 mg	
Iron	2 mg	
Potassium	371 mg	
N/A - data is not available		