


# Purple Power Bean Wrap

Meal Components: Meat Alternate-Legume Vegetable-Dark Green Vegetable-Other Vegetable-Grains

Sandwiches F-15r

Ingredients	25 Servings		50 Servings		Directions Canned Beans Process #1: No Cook Dried Beans Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Canned low-sodium great northern beans, drained, rinsed OR *Dry great northern beans, cooked (See Notes Section)	3 lb OR 3 lb	1 qt 1 ⅓ cups (⅔ No. 10 can) OR 1 qt 1 ⅓ cups	6 lb OR 6 lb	2 qt 3 ⅓ cups (1 ½ No. 10 cans) OR 2 qt 3 ⅓ cups	1. Puree beans in food processor to a smooth consistency. Set aside.
*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 ½ cup juice	About 6	2 Tbsp zest 1 cup juice	2. Puree avocado, lemon zest and juice, garlic, oil, chili powder, and salt to a smooth consistency. Mix in pureed beans.
Fresh garlic cloves, minced		¼ cup		½ cup	
Extra virgin olive oil		3 Tbsp		¼ cup 2 Tbsp	
Chili powder		1 ½ tsp		1 Tbsp	
Salt		2 ¼ tsp		1 ½ Tbsp	
*Fresh purple cabbage, finely shredded	1 lb 2 oz	1 qt 1 cup	2 lb 4 oz	2 qt 2 cups	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.
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 ½ qt	4. Using a No. 10 scoop (¾ cup) spread filling on bottom half of tortilla. 5. Add ½ 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).

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

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Notes
<p>*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.</p> <p>Avocados vary in size according to the season. Please measure this product by weight and not by produce amounts.</p> <p>Special tip for preparing dry beans:  <b>SOAKING BEANS</b>  <b>OVERNIGHT METHOD:</b> Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.  <b>QUICK-SOAK METHOD:</b> 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.  <b>COOKING BEANS</b>            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.</p> <p>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.</p> <p>1 lb dry great northern beans = about 2 ½ cups dry or 6 ¼ cups cooked beans.</p>

Nutrients Per Serving (1 wrap)			
Calories	274.40	Saturated Fat	0.77 g
Protein	7.62 g	Cholesterol	0 mg
Carbohydrate	37.91 g	Vitamin A	2879.83 IU (143.99 RAE)
Total Fat	9.53 g	Vitamin C	23.56 mg
		Iron	2.48 mg
		Calcium	53.97 mg
		Sodium	424.25 mg
		Dietary Fiber	8.36 g

Marketing Guide		
Food as Purchased for	25 servings	50 servings
Dry great northern beans	1 lb 1 oz	2 lb 2 oz
Avocados	3 (2 lb)	6 (4 lb)
Lemons	3 (1 lb)	6 (2 lb)
Purple cabbage	1 lb 6 oz	2 lb 12 oz
Romaine lettuce	2 lb 2 oz	3 lb 6 oz

Serving	Yield	Volume
1 wrap (two halves) provides:	25 Servings: about 11 lb	25 Servings: 25 wraps
<p><b>Legume as Meat Alternate:</b> ½ oz equivalent meat alternate, ¼ cup dark green vegetable, ⅜ cup other vegetable, and 1 ¾ oz equivalent grains.</p> <p>OR</p> <p><b>Legume as Vegetable:</b> ⅜ cup legume vegetable, ¼ cup dark green vegetable, ⅜ cup other vegetable, and 1 ¾ oz equivalent grains.</p>	50 Servings: about 22 lb	50 Servings: 50 wraps
<p>½ wrap (one half) provides:</p> <p>⅜ cup dark green vegetable, ¼ cup other vegetable, and ¾ oz equivalent grains.</p>		
<i>Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.</i>		

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