



United States Department of Agriculture

What's? Cooking



USDA MIXING BOWL

Cookbook

Pulses

Dry beans, peas, lentils, chickpeas



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Bean Dip

Makes: 25 or 50 servings

25 Servings

50 Servings

Ingredients	25 Servings		50 Servings	
	Weight	Measure	Weight	Measure
Canned garbanzo beans, drained	1 lb 6 oz	3 1/2 cups	2 lb 12 oz	1 qt 3 cups
Lemon juice		1 1/2 tsp		1 Tbsp
Granulated garlic		1 tsp		2 tsp
Vegetable oil		2 Tbsp		1/4 cup
Low-sodium soy sauce		1/2 tsp		1 tsp
Ground black or white pepper		1/8 tsp		1/4 tsp
Dried parsley		2 Tbsp		1/4 cup
Water		1/4 cup		1/2 cup

Directions

1. Mash or blend all ingredients, either by hand or by using a food processor.
2. CCP: Hold at 40°F or colder. Refrigerate until ready to serve.
3. Portion with No. 30 scoop (2 Tbsp).

Notes

Special Tip:

For a tasty snack, serve this dip with whole wheat pita wedges.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	55	
Total Fat	1.52 g	
Protein	1.88 g	
Carbohydrates	8.56 g	
Dietary Fiber	1.7 g	
Saturated Fat	0.2 g	
Sodium	115 mg	

Meal Components

Vegetables

_ Beans & Peas 1 tablespoon

Meat / Meat Alternate 1/4 ounce

Confetti Soup

Makes: 25 or 50 Servings

This delicious recipe mixes together black-eyed peas, savory smoked turkey ham, fresh vegetables, and a secret ingredient, kale, to make up this warm, winter-wonder soup!

Ingredients	25 Servings		50 Servings	
	Weight	Measure	Weight	Measure
Canola oil		2 1/2 Tbsp		1/4 cup 1 Tbsp
*Fresh onions, diced	15 oz	3 cups	1 lb 14 oz	1 qt 2 cups
*Fresh celery, diced	15 oz	3 cups	1 lb 14 oz	1 qt 2 cups
*Fresh carrots, diced	15 oz	3 cups	1 lb 14 oz	1 qt 2 cups
Salt		2 tsp		1 Tbsp 1 tsp
Ground black pepper		2 tsp		1 Tbsp 1 tsp
Fennel seed, whole		1 tsp		2 tsp
Crushed red pepper (optional)		1/2 tsp		1 tsp
Canned low-sodium black-eyed peas, drained, rinsed	2 lb 13 oz	1 qt 2 1/2 cups (2/3 No. 10 can)	5 lb 10 oz	3 qt 1 cup (2/3 No. 10 can)
OR	OR	OR	OR	OR
Frozen black-eyed peas (See Notes Section)	2 lb 13 oz	2 qt	5 lb 10 oz	1 gal
Water		3 qt 2 cups		1 gal 3 qt
Turkey Ham, extra-lean, diced 1/4"	1 lb 8 oz	3 1/4 cups	3 lb	1 qt 2 1/2 cups
*Fresh kale, coarsely chopped	2 oz	1 1/4 cups	4 oz	2 1/2 cups
*Fresh parsley, finely chopped		1/3 cup		2/3 cup



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	94.09	
Total Fat	2.83 g	
Protein	7.92 g	
Carbohydrates	10.39 g	
Dietary Fiber	2.55 g	
Saturated Fat	0.4 g	
Sodium	487.58 mg	

Meal Components

Vegetables	
Other	1/4 cup
Meat / Meat Alternate	1 1/2 ounces

Directions

1. Heat oil. For 25 servings, use a large stockpot For 50

servings, use 1 roasting pan/square head pan (20 7/8" x 17 3/8" x 7") on top of stove. Sauté onions and celery for 2-3 minutes or until tender.

2. Add carrots, salt, pepper, fennel, and crushed red pepper (optional). Sauté for an additional 2-3 minutes.

3. Add peas and water. Cook uncovered over medium heat for 20-25 minutes

4. Add turkey ham and kale. Cook covered over low heat for an additional 10 minutes or until kale is tender. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

5. Critical Control Point: Hold for hot service at 135 °F or higher. Add parsley immediately before serving.

6. Portion with 8 fl oz ladle (1 cup)

Notes

Our Story

Located in Charleston, South Carolina, Burke Middle and High School takes pride in sharing its rich history.

The school strives to help each student reach his/her individual potential while achieving measurable success in the classroom.

This recipe challenge team formed a dynamic group with a local restaurant chef as their lead. The chef invited the team members to his restaurant to begin developing recipes for the competition. They worked to perfect the recipes and later prepared the recipes for the students to try. All of their hard work resulted in Confetti Soup. This isn't your everyday soup—your kids will surely be asking for more!

Burke Middle and High School

Charleston, South Carolina

School Team Members

School Nutrition Professional: Erin Boudolf, RD

Chef: Craig Deihl

Community Members: Jennifer Moore (The Medical University of South Carolina's Boeing Center for Promotion of Healthy Lifestyles in Children and Families) and Coleen Martin (The Medical University of South Carolina's Boeing Center for Promotion of Healthy Lifestyles in Children and Families)

Students: Auja R., Keshawn J., Quatifah L., and Tyler M.

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

Cooking time increases if frozen black-eyed peas are used. Cook until peas are soft.

1 cup (8 fl oz ladle) provides :

Legume as Meat Alternate: 1 ½ oz equivalent meat/meat alternate and ¼ cup other vegetable.

OR

Legume as Vegetable: ½ oz equivalent meat, ¼ cup legume vegetable, and ¼ cup other vegetable

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

Eagle Pizza

Makes: 50 or 100 Servings

A delicious combination of pizza and taco, this recipe is made with whole-grain tostada shells, refried beans, shredded cheese, and a stack of colorful veggies.



Ingredients	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
*Fresh spinach, julienne sliced	5 oz	1 qt	10 oz	2 qt
*Fresh romaine lettuce, julienne sliced	8 oz	1 qt	1 lb	2 qt
Salt-free chili-lime seasoning blend		1/4 cup 2 Tbsp		3/4 cup
OR		OR		OR
Salt-free taco seasoning blend (See Notes Section)		1/4 cup 2 Tbsp		3/4 cup
Canned low-sodium refried pinto beans, fat-free	7 lb 12 oz	3 qt 1 1/2 cups (1 1/4 No. 10 cans)	15 lb 8 oz	1 gal 2 3/4 qt (2 1/4 No. 10 cans)
*Fresh green bell peppers, diced	2 lb	1 qt 2 cups	4 lb	3 qt
*Fresh onions, diced	2 lb	1 qt 2 1/4 cups	4 lb	3 qt
Canned low-sodium corn, drained, rinsed	3 lb 6 oz	1 qt 2 cups (1 No. 10 can)	6 lb 12 oz	3 qt (2 No. 10 cans)
Tostada shells (round) (0.5 oz each)		50		100
Reduced-fat Mexican cheese blend, shredded	1 lb	1 qt	2 lb	2 qt
*Fresh carrots, shredded	1 lb 8 oz	1 qt 3 1/2 cups	3 lb	1 gal 3 cups
Low-sodium salsa, mild	1 lb 8 oz	3 cups	3 lb	1 qt 2 cups
Fat-free sour cream	1 lb 8 oz	3 cups	3 lb	1 qt 2 cups

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	205.96	
Total Fat	5.69 g	
Protein	8.86 g	
Carbohydrates	32.2 g	
Dietary Fiber	5.99 g	
Saturated Fat	2.16 g	
Sodium	289.72 mg	

Meal Components

Vegetables	
_ Starchy	1/8 cup
_ Red & Orange	1/8 cup
_ Other	1/2 cup
Grains	1/2 ounce
Meat / Meat Alternate	1 1/4 ounces

Directions

1. Combine lettuce and spinach in bowl. Set aside.
2. Mix salt-free seasoning and beans. Set aside.
3. Sauté green peppers, onions, and corn for 3-4 minutes in a pan coated with pan release spray. Set aside.
4. Portion beans with No.16 scoop (¼ cup) on each tostada shell. Spread evenly.
5. Top with 1/3 cup vegetable mixture. Sprinkle with 1 Tbsp cheese.
6. Place tostadas on a sheet pan (18" x 26" x 1") lightly coated with pan release spray. For 50 servings, use 4 pans. For 100 servings, use 8 pans. Bake until cheese is melted: Conventional oven: 350 °F for about 5 minutes
Convection oven: 350 °F for about 3 minutes.
7. Critical Control Point: Heat to 135 °F or higher for at least 15 seconds.
8. Critical Control Point: Hold for hot service at 135 °F or higher.
9. Top each tostada with: 1 Tbsp 1 tsp spinach/lettuce mixture 2 Tbsp carrots 1 Tbsp salsa 1 Tbsp sour cream.
Serving suggestion: serve toppings in individual soufflé cups
10. Serve one tostada.

Notes

Our Story

Byars Elementary School is located approximately an hour southeast of Oklahoma City. It is one of the few pre-kindergarten through 8th grade schools in the State. The recipe challenge team decided to name their creation after the school mascot. Members of the community teamed up with the school to pursue the challenge with Eagle Pride! Taste-tested by the student body, Eagle Pizza was a winner.

Eagle Pizza will give kids the power and energy they need for a busy day. This versatile recipe can easily be made with help from the kids. Eagle Pizza is a tasty choice that

will make your sense of pride soar like an eagle when they smile over this yummy combination of pizza and taco!

Byars Elementary School

Byars, Oklahoma

School Team Members

School Nutrition Professional: Vickie Spray

Chef: Ruth Burrows, DTR

Community Member: Sandra Walck (past School Board Member)

Students: Gracie S., Braden P., Shawn M., Shawn T., and Travis W.

1 tostada pizza provides:

Legume as Meat Alternate: 1 1/4 oz equivalent meat alternate, 1/8 cup red/orange vegetable, 1/8 cup starchy vegetable, 1/2 cup other vegetable, and 1/2 oz equivalent grains.

OR

Legume as Vegetable: 1/4 oz equivalent meat alternate, 1/4 cup legume vegetable, 1/8 cup red/orange vegetable, 1/8 cup starchy vegetable, 1/2 cup other vegetable, and 1/2 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.

Salt-free taco seasoning blend**

For 50 servings:

- 2 Tbsp dried onion
- 2 Tbsp chili powder
- 1 Tbsp cumin
- 1 Tbsp crushed red pepper
- 1 Tbsp garlic powder
- 1 1/2 tsp oregano
- 1 Tbsp cornstarch

For 100 servings:

- 4 Tbsp dried onion
- 4 Tbsp chili powder

2 Tbsp cumin
2 Tbsp crushed red pepper
2 Tbsp garlic powder
1 Tbsp oregano
2 Tbsp cornstarch

Combine all ingredients. Store in airtight container.

**If using immediately, do not add cornstarch.

TIP: Prepare one tostada pizza using exact measurements and use it as a guide to assemble remaining pizzas.

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

Fiesta Mexican Lasagna

Makes: 25 or 50 Servings

This main dish is filled with hearty, healthy ingredients. It's colorful vegetables are layered with crunchy tortilla chips, smooth black beans, flavorful cumin, oregano, and lively salsa, and baked to perfection as an aromatic, savory casserole.

25 Servings

50 Servings

Ingredients	Weight	Measure	Weight	Measure
Canola oil		2 1/2 Tbsp		1/4 cup 1 Tbsp
*Fresh green bell peppers, diced	5 oz	3/4 cup	10 oz	1 1/2 cups
Canned low-sodium corn, drained, rinsed	1 lb 8 oz	3 1/4 cups (1/3 No. 10 can)	3 lb	1 qt 2 1/2 cups (2/3 No. 10 can)
*Fresh onions, diced	1 lb 8 oz	1 qt 3/4 cups	3 lb	2 qt 1 3/8 cups
*Fresh butternut squash, peeled, cubed 1/2"	1 lb 12 oz	1 qt 3 1/2 cup	3 lb 8 oz	3 qt 3 cups
Ground oregano		2 tsp		1 Tbsp 1 tsp
Ground cumin		2 tsp		1 Tbsp 1 tsp
Granulated garlic		2 tsp		1 Tbsp 1 tsp
Chili powder		2 tsp		1 Tbsp 1 tsp
Paprika		2 tsp		1 Tbsp 1 tsp
Salt		2 tsp		1 Tbsp 1 tsp
Canned low-sodium black beans, drained, rinsed	4 lb 4 oz	1 qt 3 2/3 cups (1 1/8 No. 10 cans)	8 lb 8 oz	3 qt 3 1/3 cups (2 1/4 No. 10 cans)
OR	OR	OR	OR	OR



Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	263.63	
Total Fat	4.09 g	
Protein	8.71 g	
Carbohydrates	52.16 g	
Dietary Fiber	9.37 g	
Saturated Fat	0.51 g	
Sodium	425.06 mg	

Meal Components

Vegetables	
_ Starchy	1/8 cup
_ Red & Orange	3/8 cup
_ Other	1/4 cup
Grains	3/4 ounce
Meat / Meat Alternate	1 ounce

(See notes section)		cups		cups
Canned low-sodium meatless spaghetti sauce	2 lb 12 oz	1 qt 1 cup (1/2 No. 10 can)	5 lb 8 oz	2 qt 2 cups (1 No. 10 can)
Canned low-sodium salsa, mild	1 lb 12 oz	3 1/2 cups	3 lb 8 oz	1 qt 3 cups
Low-sodium tortilla chips	1 lb 8 oz	About 265 chips	3 lb	About 530 chips

Directions

- Combine oil, green peppers, corn, and half of onions. Reserve remaining onions for step 5. Toss to coat. Transfer to a sheet pan (18" x 26" x 1"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
- Roast uncovered until lightly brown around the edges: Conventional oven: 350 °F for 20 minutes. Convection oven: 350 °F for 12 minutes.
- Place squash in perforated steam table pan (12" x 20" x 2 1/2") and steam for 15 minutes or until tender. . For 25 servings, use 1 pan. For 50 servings, use 2 pans.
- Mash squash until smooth. Add roasted vegetables, half of oregano and half of cumin. Reserve remaining oregano and cumin for step 5. Mix well. Set aside.
- Lightly coat nonstick pan with pan release spray. Saute remaining onions with oregano, cumin, garlic, chili powder, paprika and salt, for 5 minutes until soft.
- Puree onion mixture and beans in a food processor to a smooth consistency. If needed, add water to make puree smoother: For 25 servings, use about 1/8 cup water. For 50 servings, use about 1/4 cup water. Set aside.
- Combine spaghetti sauce and salsa. Set aside
- For 25 servings, crumble 8 oz tortilla chips for topping. Reserve remaining 1 lb whole tortilla chips for lasagna layers. For 50 servings, crumble 1 lb tortilla chips for topping. Reserve remaining 2 lb whole tortilla chips for lasagna layers.
- ASSEMBLY: Lightly coat steam table pan (12" x 20" x 2 1/2") with pan release spray. For 25 servings, use 1 pan. For 50 servings, use 2 pans. FIRST LAYER: a. 1 qt 1/4 cup

sauce SECOND LAYER: a. 8 oz whole chips (about 85 chips), slightly overlapping b. 1 qt 1 cup (about 2 lb 4 oz) bean mixture c. 1 qt ½ cup (about 1 lb 15 oz) squash/vegetable mixture THIRD LAYER: Repeat second layer FOURTH LAYER: a. 1 qt ¼ cup sauce b. 8 oz crumbled chips, about 2 ½ cups

10. Tightly cover pans

11. Bake: Conventional oven: 350 °F for 40 minutes
Convection oven: 350 °F for 30 minutes. Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.

12. Remove from oven. Uncover. Allow to set for 15 minutes before serving.

13. Critical Control Point: Hold at 135 °F or higher.

14. Cut each pan 5 x 5 (25 pieces per pan). Serve 1 piece (2" x 3 ¾" square).

Notes

Our Story

At the Ithaca City School District in picturesque Ithaca in upstate New York, their mission is to educate every student to become a life-long learner. The team's chef is a co-owner of a local restaurant which is considered one of the "pioneer" restaurants for preparing and serving healthy, local, plant-based meals.

For its entry in the Recipes for Healthy Kids Competition, the team worked to create Fiesta Mexican Lasagna and conducted numerous taste tests with students. This hearty main dish features golden butternut squash, corn, and peppers roasted until sweet and the natural flavors caramelize together. This deliciously spicy spin on an Italian classic will leave your kids wanting more!

Ithaca City School District

Ithaca, New York

School Team Members

School Nutrition Professional: Denise Agati (Food Service Director)

Chef: Wynnie Stein (Chef, Moosewood Restaurant)

Community Members: Amie Hamlin (Executive Director, New York Coalition for Healthy School Food) and Eric Smith (Owner, Cayuga Pure Organics)

Students: Alyia C. and Josie W. (Middle School Students)

*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 $\frac{3}{4}$ 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 $\frac{3}{4}$ 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 $\frac{3}{4}$ 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 $\frac{1}{2}$ cups dry or 4 $\frac{1}{2}$ cups cooked beans.

One piece provides:

Legume as Vegetable: 1/4 cup legume vegetable, 3/8 cup red/orange vegetable, 1/4 cup starchy vegetable, 1/8 cup other vegetable, and 3/4 oz equivalent grains.

OR

Legume as Meat Alternate: 1 oz equivalent meat alternate, 3/8 cup red/orange vegetable, 1/8 cup starchy 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.

The grain ingredients used in this recipe must meet the

Food and Nutrition Service whole grain-rich criteria.

Fiesta Wrap

Makes: 25 or 50 Servings

This delicious main dish features a quinoa and black bean filling seasoned with spices, lime juice, and a medley of carrots, red peppers, red onions, and reduced-fat cheddar cheese.

Ingredients	25 Servings		50 Servings	
	Weight	Measure	Weight	Measure
Quinoa, dry	6 1/2 oz	1 cup	13 oz	2 cups
Water		2 cups		1 qt
Canned low-sodium black beans, drained, rinsed	3 lb 6 oz	2 qt (7/8 No. 10 can)	6 lb 12 oz	1 gal (1 3/4 No. 10 cans)
OR	OR	OR	OR	OR
*Dry black beans, cooked (See Notes Section)	3 lb 6 oz	2 qt	6 lb 12 oz	1 gal
*Fresh carrots, shredded	5 1/2 oz	1 1/3 cups	11 oz	2 2/3 cups
Reduced-fat white cheddar cheese, shredded	3 oz	1 cup	6 oz	2 cups
*Fresh red bell peppers, diced	5 1/2 oz	1 cup	11 oz	2 cups
*Fresh red onions, diced	5 1/2 oz	1 cup	11 oz	2 cups
Chili powder		1 Tbsp		2 Tbsp
Ground cumin		1 1/2 Tbsp		3 Tbsp
Lime juice		1 1/2 Tbsp		3 Tbsp
Whole-wheat tortillas, 6" (0.9 oz each)		25		50
Vegetable oil		1/4 cup		1/2 cup

Directions

1. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy.
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



Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	175.48	
Total Fat	5.07 g	
Protein	6.86 g	
Carbohydrates	26.93 g	
Dietary Fiber	5.16 g	
Saturated Fat	0.63 g	
Sodium	346.18 mg	

Meal Components

Grains	1 ounce
Meat / Meat Alternate	1 ounce

kernel. The white ring will only appear when it is fully cooked. Fluff. Set aside.

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.

4. Filling: Combine quinoa, mashed beans, carrots, cheese, red peppers, onions, chili powder, cumin, lime juice, and for 50 servings only, salt. Mix thoroughly.

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.

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.

Notes

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. Their winning creation, Fiesta Wrap, 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.

Charter Oak International Academy

West Hartford, Connecticut

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.

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.

*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.

Fiesta Wrap

Makes: 50 or 100 Servings

This delicious main dish features a quinoa and black bean filling seasoned with spices, lime juice, and a medley of carrots, red peppers, red onions, and reduced-fat cheddar cheese.

Ingredients	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Quinoa, dry	13 oz	2 cups	1 lb 10 oz	1 qt
Water		1 qt		2 qt
Canned low-sodium black beans, drained, rinsed	6 lb 12 oz	1 gal (1 3/4 No. 10 cans)	13 lb 8 oz	2 gal (3 1/2 No. 10 cans)
OR	OR	OR	OR	OR
*Dry black beans, cooked (See Nottes Section)	6 lb 12 oz	1 gal	13 lb 8 oz	2 gal
*Fresh carrots, shredded	11 oz	2 2/3 cups	1 lb 6 oz	1 qt 1 1/3 cups
Reduced-fat white cheddar cheese, shredded	6 oz	2 cups	12 oz	1 qt
*Fresh red bell peppers, diced	11 oz	2 cups	1 lb 6 oz	1 qt
*Fresh red onions, diced	11 oz	2 cups	1 lb 6 oz	1 qt
Chili powder		2 Tbsp		1/4 cup
Ground cumin		3 Tbsp		1/4 cup 2 Tbsp
Lime juice		3 Tbsp		1/4 cup 2 Tbsp
Salt		2 tsp		1 Tbsp 1 tsp
Whole-wheat tortillas, 6" (0.9 oz each)		50		100
Vegetable oil		1/2 cup		1 cup



Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	175.48	
Total Fat	5.07 g	
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Dietary Fiber	5.16 g	
Saturated Fat	0.63 g	
Sodium	346.18 mg	

Meal Components

Grains	1 ounce
Meat / Meat Alternate	1 ounce

Directions

1. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy.

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.
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. For 100 servings, mash to yield about 1 gal 2 ½ qt.
4. Filling: 4. Combine quinoa, mashed beans, carrots, cheese, red peppers, onions, chili powder, cumin, lime juice, and salt. Mix thoroughly.
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.
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. 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.

Notes

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. Their winning creation, Fiesta Wrap, 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.

Charter Oak International Academy

West Hartford, Connecticut

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.

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.

*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 $\frac{3}{4}$ 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 $\frac{1}{4}$ cups dry or 4 $\frac{1}{2}$ cups cooked beans.

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

Harvest Stew

Makes: 25 or 50 Servings

This hearty dish is a perfect blend of spinach, sweet potatoes, red potatoes, northern beans, tomatoes, and chicken. To round out the dish, the flavors of carrots, celery, onions, and garlic take this stew to the next level!

25 Servings

50 Servings

Ingredients	Weight	Measure	Weight	Measure
Vegetable oil		2 1/2 Tbsp		1/4 cup 1 Tbsp
*Fresh onions, diced	10 oz	1 1/2 cups	1 lb 4 oz	3 cups
*Fresh carrots, diced	6 oz	1 cup	12 oz	2 cups
*Fresh celery, diced	8 1/2 oz	1 2/3 cups	1 lb 1 oz	3 1/3 cups
Enriched all-purpose flour	1 1/2 oz	1/4 cup 1/2 Tbsp	3 oz	1/2 cup 1 Tbsp
Water		1 qt 1 cup		2 qt 2 cups
Low-sodium chicken base		1 1/2 tsp		1 Tbsp
Salt-free seasoning		1/2 tsp		1 tsp
Garlic powder		1/2 tsp		1 tsp
Canned low-sodium diced tomatoes	1 lb 10 oz	3 1/4 cups (1/4 No. 10 can)	3 lb 4 oz	1 qt 2 1/2 cups (1/2 No. 10 can)
*Fresh sweet potatoes, peeled, cubed 1"	12 oz	3 1/2 cups	1 lb 8 oz	1 qt 3 cups
*Fresh red potatoes, unpeeled, cubed 1"	12 oz	2 cups	1 lb 8 oz	1 qt
Frozen, cooked diced chicken, thawed, 1/2" pieces	13 oz	2 2/3 cups	1 lb 10 oz	1 qt 1 1/3 cups
Canned low-sodium great northern beans, drained, rinsed	3 lb 8 oz	1 qt 2 2/3 cups (7/8 No. 10 can)	7 lb	3 qt 1 1/3 cups (1 3/4 No. 10 cans)
OR	OR	OR	OR	OR
*Dry great northern beans, cooked (See Notes Section)	3 lb 8 oz	1 qt 2 2/3 cups	7 lb	3 qt 1 1/3 cups
*Fresh baby spinach, chopped	2 1/2 oz	1 cup	5 oz	2 cups



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	123.71	
Total Fat	2.24 g	
Protein	7.95 g	
Carbohydrates	18.19 g	
Dietary Fiber	5.03 g	
Saturated Fat	0.27 g	
Sodium	57.37 mg	

Meal Components

Vegetables		
_ Red & Orange		1/8 cup
_ Other		1/4 cup
Meat / Meat Alternate		1 1/2 ounces

Directions

1. Heat oil: For 25 servings, use a large stockpot. For 50 servings, use a roasting pan/square head pan (20 7/8" x 17 3/8" x 7") on top of stove. Sauté onions, carrots, and celery for 5 minutes until slightly browned.
2. Sprinkle flour over vegetables and mix well. Add water and base. Mix well. Bring to a boil uncovered
3. Add seasoning and garlic powder. Cook uncovered over medium heat for 2 minutes.
4. Add tomatoes, sweet potatoes, and red potatoes. Simmer uncovered over low heat for 15 minutes or until potatoes are tender.
5. Add chicken, beans, and spinach. Simmer uncovered for an additional 10 minutes. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
6. Critical Control Point: Hold for hot service at 135 °F or higher.
7. Portion with 6 fl oz ladle (3/4 cup).

Notes

Our Story

When the recipe challenge team came together to work on this project, they had no idea what they had gotten themselves into. Their first task was figuring out how to organize a tasting event because their school had over 750 students. The team then experimented with different ingredients and recipes which led to the development of Harvest Stew. The school is proud that North Carolina sweet potatoes from their Farm to School program were used in this stew.

This flavorful dish was created to satisfy the palate, while being a filling, nutritious meal to fuel the body for the rest of the day. Kids will be ecstatic over the taste of this recipe.

David D. Jones Elementary School

School Team Members

School Nutrition Professional: Pam Cecil

Chef: Matthias Hartmann

Community Members: Jen Schell (Parent) and Amanda Hester (Nutritionist)

Students: Maria S., Bailey P., Nemiah I., Jalen W., and Ayatollah H.

*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 $\frac{3}{4}$ 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 $\frac{3}{4}$ 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 $\frac{3}{4}$ 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 $\frac{1}{2}$ cups dry or 6 $\frac{1}{4}$ cups cooked beans.

$\frac{3}{4}$ cup provides:

Legume as Vegetable: 1/2 oz equivalent meat, 1/4 cup legume vegetable, 1/8 cup red/orange vegetable, and 1/4 cup additional vegetable.

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

Harvest Stew

Makes: 50 or 100 Servings

This hearty dish is a perfect blend of spinach, sweet potatoes, red potatoes, northern beans, tomatoes, and chicken. To round out the dish, the flavors of carrots, celery, onions, and garlic take this stew to the next level!

50 Servings 100 Servings

Ingredients	Weight	Measure	Weight	Measure
Vegetable oil		1/4 cup 1 Tbsp		3/4 cup
*Fresh onions, diced	1 lb 4 oz	3 cups	2 lb 8 oz	1 1/2 qt
*Fresh carrots, diced	12 oz	2 cups	1 lb 8 oz	1 qt
*Fresh celery, diced	1 lb 1 oz	3 1/3 cups	2 lb 2 oz	1 qt 2 2/3 cups
Enriched all-purpose flour	3 oz	1/2 cup 1 Tbsp	6 oz	1 cup 2 Tbsp
Water		2 qt 2 cups		1 gal 1 qt
Low-sodium chicken base		1 Tbsp		2 Tbsp
Salt-free seasoning		1 tsp		2 tsp
Garlic powder		1 Tbsp		2 Tbsp
Canned low-sodium diced tomatoes	3 lb 4 oz	1 qt 2 1/2 cups (1/2 No. 10 can)	6 lb 8 oz	3 qt 1 cup (1 No. 10 can)
*Fresh sweet potatoes, peeled, cubed 1"	1 lb 8 oz	1 qt 3 cups	3 lb	3 qt 2 cups
*Fresh red potatoes, unpeeled, cubed 1"	1 lb 8 oz	1 qt	3 lb	2 qt
Frozen, cooked diced chicken, thawed, 1/2" pieces	1 lb 10 oz	1 qt 1 1/3 cups	3 lb 4 oz	2 qt 2 2/3 cups
Canned low-sodium great northern beans, drained, rinsed	7 lb	3 qt 1 1/3 cups (1 3/4 No. 10 cans)	14 lb	1 gal 2 2/3 qt (3 1/2 No. 10 cans)
OR	OR	OR	OR	OR
*Dry great northern beans, cooked (See Notes Section)	7 lb	3 qt 1 1/3 cups	14 lb	1 gal 2 2/3 qt



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	123.71	
Total Fat	2.24 g	
Protein	7.95 g	
Carbohydrates	18.19 g	
Dietary Fiber	5.03 g	
Saturated Fat	0.27 g	
Sodium	57.37 mg	

Meal Components

Vegetables	1/4 cup
_ Red & Orange	1/8 cup
Meat / Meat Alternate	1 1/2 ounces

Directions

1. Heat oil in a roasting pan/square head pan (20 7/8" x 17 3/8" x 7") on top of stove. Sauté onions, carrots, and celery for 5 minutes until slightly browned.
2. Sprinkle flour over vegetables and mix well. Add water and base. Mix well. Bring to a boil uncovered.
3. Add seasoning and garlic powder. Cook uncovered over medium heat for 2 minutes.
4. Add tomatoes, sweet potatoes, and red potatoes. Simmer uncovered over low heat for 15 minutes or until potatoes are tender.
5. Add chicken, beans, and spinach. Simmer uncovered for an additional 10 minutes. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
6. Critical Control Point: Hold for hot service at 135 °F or higher.
7. Portion with 6 fl oz ladle (¾ cup).

Notes

Our Story

When the recipe challenge team came together to work on this project, they had no idea what they had gotten themselves into. Their first task was figuring out how to organize a tasting event because their school had over 750 students. The team then experimented with different ingredients and recipes which led to the development of Harvest Stew. The school is proud that North Carolina sweet potatoes from their Farm to School program were used in this stew. This flavorful dish was created to satisfy the palate, while being a filling, nutritious meal to fuel the body for the rest of the day. Kids will be ecstatic over the taste of this recipe.

David D. Jones Elementary School
Greensboro, North Carolina

School Team Members

School Nutrition Professional: Pam Cecil

Chef: Matthias Hartmann

Community Members: Jen Schell (Parent) and Amanda Hester (Nutritionist)

Students: Maria S., Bailey P., Nemiah I., Jalen W., and Ayatollah H.

*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 $\frac{3}{4}$ 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 $\frac{3}{4}$ 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 $\frac{3}{4}$ 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 $\frac{1}{2}$ cups dry or 6 $\frac{1}{4}$ cups cooked beans.

$\frac{3}{4}$ cup (6 fl oz ladle) provides:

Legume as Meat Alternate: 1 $\frac{1}{2}$ oz equivalent meat/meat alternate, $\frac{1}{8}$ cup red/orange vegetable, and $\frac{1}{4}$ cup additional vegetable.

OR

Legume as Vegetable: $\frac{1}{2}$ oz equivalent meat, $\frac{1}{4}$ cup legume vegetable, $\frac{1}{8}$ cup red/orange vegetable, and $\frac{1}{4}$ cup additional vegetable.

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

Lentils of the Southwest

Makes: 25 or 50 Servings

Flavored with ground red chili, cumin, garlic, and a touch of tomatoes, these lentils have a “salsa flavor” that kids are sure to love.

25 Servings

50 Servings

Ingredients	Weight	Measure	Weight	Measure
*Lentils, brown or green, dry	15 oz	2 1/4 cups	1 lb 14 oz	1 qt 1/2 cup
Water		1 qt 1/4 cup		2 qt 1/2 cup
*Fresh onions, diced	4 oz	3/4 cup 2 Tbsp	8 oz	1 3/4 cups
Fresh garlic, minced		1 Tbsp		2 Tbsp
Extra virgin olive oil		1 Tbsp		2 Tbsp
Ground cumin		1 Tbsp 1 tsp		2 Tbsp 2 tsp
Ground red chili pepper		1 Tbsp		2 Tbsp
Chili powder		1 1/2 tsp		1 Tbsp
Canned low-sodium diced tomatoes	12 oz	1 1/2 cups (1/8 No. 10 can)	1 lb 8 oz	3 cups (1/4 No. 10 can)
OR	OR	OR	OR	OR
*Fresh tomatoes, diced	12 oz	1 1/2 cups	1 lb 8 oz	3 cups
Salt		1 1/2 tsp		1 Tbsp
Fresh cilantro, finely chopped		1 1/2 cups	2 oz	3 cups

Directions

1. Rinse lentils and sort out any unwanted materials. Drain well.
2. Combine lentils and water in a stock pot. Bring to a boil. Reduce heat and simmer, uncovered, until lentils are tender, about 30-40 minutes.
3. Sauté onions and garlic in oil for 5 minutes or until tender. Stir in cumin, red chili pepper, and chili powder. Cook for 2-3 minutes over low heat.



Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	68.66	
Total Fat	0.92 g	
Protein	4.56 g	
Carbohydrates	10.96 g	
Dietary Fiber	4.16 g	
Saturated Fat	0.11 g	
Sodium	141.83 mg	

Meal Components

Meat / Meat Alternate 1 ounce

4. Combine onions and garlic with cooked lentils. Add water. For 25 servings, add 1 ½ cups water. For 50 servings, add 3 cups water.
5. Stir in tomatoes and salt. Bring to a boil. Reduce heat and simmer uncovered for 20 minutes. Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
6. Stir in cilantro before serving.
7. Critical Control Point: Hold for hot service at 135 °F or higher.
8. Portion with 2 fl oz ladle (¼ cup).

Notes

Our Story

With the support of Cooking with Kids, a nonprofit organization in Santa Fe that provides hands-on nutrition education each year to elementary school students in public schools, the Sweeney Elementary School recipe challenge team came together to create this delicious dish.

Lentils have so much potential for meals. Packed with protein, vitamins, and fiber, they are easy to cook and have great versatility. Lentils of the Southwest can be served as a side dish to make the perfect New Mexican lunch. When accompanied by brown rice, this lentil recipe becomes a tasty main dish. The team is very happy that their recipe was chosen as a winner to be represented in the cookbook.

Sweeney Elementary School

Santa Fe, New Mexico

School Team Members

School Nutrition Professional: Judi Jacquez
(Director, Student Nutrition Services)

Chef: Rocky Durham

Community Members: Jane Stacey (Program Director, Cooking with Kids) and Anna Farrier (Community Liaison, Cooking with Kids)

Students: Melanie S., Jailey B., Marisol B., Diana O., and Nicole A.

*See Marketing Guide for purchasing information on foods

that will change during preparation or when a variation of the ingredient is available.

¼ cup (2 fl oz ladle) provides:

Legume as meat alternate: 1 oz equivalent meat alternate.

OR

Legume as vegetable: ¼ cup legume vegetable.

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

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	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



Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	274.4	
Total Fat	9.53 g	
Protein	7.62 g	
Carbohydrates	37.91 g	
Dietary Fiber	8.36 g	
Saturated Fat	0.77 g	
Sodium	424.25 mg	

Meal Components

Vegetables		
_ Dark Green		1/4 cup
_ Other		3/8 cup
Grains		1 3/4 ounces
Meat / Meat Alternate		1/2 ounce

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 ¾ oz equivalent grains.

OR

Legume as Vegetable: 1/8 cup legume vegetable, ¼ cup dark green vegetable, 3/8 cup other vegetable, and 1 ¾ oz equivalent grains.

½ wrap (one half) provides:

Legume as Vegetable: 1/8 cup dark green vegetable, 1/4 cup other vegetable, and ¾ 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 $\frac{3}{4}$ 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 $\frac{3}{4}$ 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 $\frac{1}{2}$ cups dry or 6 $\frac{1}{4}$ cups cooked beans.

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

Purple Power Bean Wrap

Makes: 50 or 100 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.

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Canned low-sodium great northern beans, drained, rinsed	6 lb	2 qt 3 1/3 cups (1 1/3 No. 10 cans)	12 lb	1 gal 1 3/4 qt (2 2/3 No. 10 cans)
OR	OR	OR	OR	OR
*Dry great northern beans, cooked (See Notes Section)	6 lb	2 qt 3 1/3 cups	12 lb	1 gal 1 3/4 qt
*Fresh avocados, peeled, seeded	2 lb 12 oz	About 6	5 lb 8 oz	About 12
*Fresh lemons, zested then juiced	About 6	2 Tbsp zest 1 cup juice	About 12	1/4 cup zest 2 cups juice
Fresh garlic cloves, minced		1/2 cup		1 cup
Extra virgin olive oil		1/4 cup 2 Tbsp		3/4 cup
Chili powder		1 Tbsp		2 Tbsp
Salt		1 1/2 Tbsp		3 Tbsp
*Fresh purple cabbage, finely shredded	2 lb 4 oz	2 qt 2 cups	4 lb 8 oz	1 gal 1 qt
Whole-wheat tortillas, 10" (1.8 oz each)		50		100
*Fresh romaine lettuce, shredded	3 lb 4 oz	1 gal 2 1/2 qt	6 lb 8 oz	3 gal 1 qt

Directions

1. Puree beans in food processor to a smooth consistency. Set aside.



Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	274.4	
Total Fat	9.53 g	
Protein	7.62 g	
Carbohydrates	37.91 g	
Dietary Fiber	8.36 g	
Saturated Fat	0.77 g	
Sodium	424.25 mg	

Meal Components

Vegetables		
_ Dark Green		1/4 cup
_ Other		3/8 cup
Grains		1 3/4 ounces
Meat / Meat Alternate		1/2 ounce

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 (3/4 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 41 °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.

*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 $\frac{3}{4}$ 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 $\frac{3}{4}$ 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 $\frac{3}{4}$ 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 $\frac{1}{2}$ cups dry or 6 $\frac{1}{4}$ cups cooked beans.

1 wrap (two halves) provides:

Legume as Meat Alternate: 1/2 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, 1/4 cup dark green vegetable, 3/8 cup other vegetable, and 1 3/4 oz equivalent grains.

1/2 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.

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

Refried Beans

Makes: 25 or 50 servings

25 Servings

50 Servings

Ingredients	Weight	Measure	Weight	Measure
Canned pinto beans, drained, stock reserved	3 lb 2 oz	1 qt 3 cups (7/8 No. 10 can)	6 lb 4 oz	3 qt 2 cups (1 3/4 No. 10 cans)
OR	OR	OR	OR	OR
*Cooked dry pinto beans, drained (see preparation note)	3 lb 12 oz	1 qt 3 cups	7 lb 8 oz	3 qt 2 cups
Chicken or bean stock, non-MSG		1/4 cup 2 Tbsp		3/4 cup
Vegetable oil		3 Tbsp		1/3 cup
Chili powder		2 1/2 tsp		1 Tbsp 2 tsp
Ground cumin		2 tsp		1 Tbsp 1 tsp
Paprika		1/2 tsp		1 tsp
Onion powder		1/2 tsp		1 tsp
Reduced fat cheddar cheese, shredded	5 1/2 oz	1 1/2 cups 2 Tbsp	11 oz	3 1/4 cups

Directions

- Place beans, chicken broth or bean stock, oil, seasonings (optional), in mixer. Blend on medium speed with paddle attachment for 3-5 minutes until smooth or to desired consistency.
- Pour 3 lb 8 oz (approximately 1 qt 3 cups) mixture into each pan (9" x 13" x 2") which has been lightly coated with pan release spray. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
- Bake: Conventional oven: 350° F for 30 minutes
Convection oven: 300° F for 20 minutes CCP not needed if using dry pinto beans and no chicken stock OR if using

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	81	
Total Fat	2.88 g	
Protein	5.17 g	
Carbohydrates	8.88 g	
Dietary Fiber	2 g	
Saturated Fat	0.99 g	
Sodium	286 mg	

Meal Components

Vegetables

_ Beans & Peas 1/4 cup

Meat / Meat Alternate 1 ounce

previously cooked and chilled beans or stock. CCP: Heat to 165° F or higher.

4. CCP: Hold at 140° F or warmer. Portion with No. 16 scoop (¼ cup).

5. Sprinkle 5 ½ oz (1 ½ cups 2 Tbsp) cheese over each pan.

Notes

* See Marketing Guide

PREPARATION NOTE:

SOAKING BEANS

Overnight method: Add 1 ¾ qt cold water to each pound of dry beans. Cover and refrigerate overnight.

Quick-soak method: Boil 1 ¾ qt water for each pound of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour.

COOKING BEANS

Once the beans have been soaked and drained, add 1 ¾ qt water and ½ tsp salt to each pound of dry beans. Boil gently with lid tilted until tender, about 2 hours.

Use hot beans immediately or,

CCP: Hold for hot service at 135° F or higher.

OR

Chill for later use. If chilling: CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 hours.

1 lb dry pinto beans=about 2 ½ cups dry or 5 ¼ cups cooked pinto beans.

Spanish Chickpea Stew

Makes: 50 or 100 Servings

The mild spicing of cumin and paprika, the heartiness of chickpeas, the soothing taste of spinach, the slight acidity of tomatoes, and the sweetness of golden raisins, create a delicious stew that will make your mouth water.

50 Servings 100 Servings

Ingredients	Weight	Measure	Weight	Measure
Extra virgin olive oil		1 1/2 cups		3 cups
Fresh garlic, minced	3 oz	1/4 cup 1 1/3 Tbsp	6 oz	1/2 cup 2 2/3 Tbsp
*Fresh onions, diced	5 lb	1 gal	10 lb	2 gal
Sweet paprika		1/4 cup 1 1/3 Tbsp		1/2 cup 2 2/3 Tbsp
Ground cumin		1 Tbsp		2 Tbsp
Frozen spinach, chopped	4 lb 8 oz	1 gal 2 qt	9 lb	3 gal
Canned low-sodium garbanzo beans (chickpeas), drained, rinsed	8 lb 2 oz	1 gal 1 qt (2 No. 10 cans)	16 lb 4 oz	2 gal 2 qt (4 No. 10 cans)
OR	OR	OR	OR	OR
*Dry garbanzo beans (chickpeas), cooked (See Notes Section)	8 lb 2 oz	1 gal 1 qt	16 lb 4 oz	2 gal 2 qt
Golden seedless raisins	2 lb 6 oz	1 qt 3 1/2 cups	4 lb 12 oz	3 qt 3 cups
Canned low-sodium diced tomatoes	2 lb 10 oz	1 qt 1 cup (1/2 No. 10 can)	5 lb 4 oz	2 qt 2 cups (1 No. 10 can)
Low-sodium chicken stock		3 qt 1/2 cup		1 gal 2 1/4 qt
Red wine vinegar		1/2 cup		1 cup
Salt		2 tsp		1 Tbsp 1 tsp
Ground black pepper		2 tsp		1 Tbsp 1 tsp



Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	241	
Total Fat	7.9 g	
Protein	7.8 g	
Carbohydrates	37.92 g	
Dietary Fiber	5.62 g	
Saturated Fat	1.1 g	
Sodium	156.06 mg	

Meal Components

Fruits	1/4 cup
Vegetables	
_ Dark Green	1/8 cup
_ Other	1/4 cup
Meat / Meat Alternate	1 1/2 ounces

Directions

1. Heat oil: Add garlic and sauté for 2-3 minutes. Add onions. Continue to sauté for 5-7 minutes until the onions are translucent. For 25 servings, use a large stockpot. For 50 servings, use one roasting pan/square head pan. (20 7/8" x 17 3/8" x 7").
2. Mix in paprika and cumin.
3. Add spinach and sauté for 15 minutes.
4. Mix in garbanzo beans (chickpeas), raisins, tomatoes, and stock. Bring to a boil. Reduce heat to low. Simmer uncovered for 15 minutes or until raisins are plump.
5. Add vinegar, salt, and pepper. Mix well. Critical Control Point: Heat to 135 °F or higher for at least 15 seconds.
6. Critical Control Point: Hold at 135 °F for hot service.
7. Portion with 8 fl oz ladle (1 cup).

Notes

Our Story

Skyline High School is located on a beautiful 45-acre campus at the crest of the Oakland Hills in California. The recipe challenge team grew out of an existing afterschool cooking academy that teaches cooking skills and nutrition. After conducting taste tests and receiving approvals by the students, the team eventually submitted not one, but two stew recipes which were selected to be featured in this cookbook: Spanish Chickpea Stew and Sweet Potato and Black Bean Stew.

The hearty Spanish Chickpea Stew will make a delightful addition to your menu. The flavors of this stew are well-balanced by the slight acidity of the tomatoes, creating a delicious main dish when served over brown rice or whole-wheat couscous.

Skyline High School

Oakland, California

School Team Members

School Nutrition Professional: Donnie Barclift

Chef: Jenny Huston

Community Members: Rusty Hopewell (Health Center)

Nutritionist) and Sage Moore

Students: Karen M., Quailyn S., and Rudy R.

*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 $\frac{3}{4}$ 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 $\frac{3}{4}$ 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 $\frac{3}{4}$ 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 garbanzo beans (chickpeas) = about 2 $\frac{1}{2}$ cups dry or 6 $\frac{1}{4}$ cups cooked garbanzo beans (chickpeas).

1 cup (8 fl oz ladle) provides:

Legume as Meat Alternate: 1 $\frac{1}{2}$ oz equivalent meat alternate, $\frac{1}{8}$ cup dark green vegetable, $\frac{1}{4}$ cup other vegetable, and $\frac{1}{4}$ cup fruit.

OR

Legume as Vegetable: $\frac{3}{8}$ cup legume vegetable, $\frac{1}{8}$ cup dark green vegetable, $\frac{1}{4}$ cup other vegetable, and $\frac{1}{4}$ cup fruit.

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

Sweet Potato and Black Bean Stew

Makes: 25 or 50 Servings

This hearty main dish combines the sweetness of orange sweet potatoes and the robustness of black beans, with the surprise addition of Swiss chard and a light touch of cumin. Serve over brown rice or whole-wheat couscous for a warm delight!

25 Servings

50 Servings

Ingredients	Weight	Measure	Weight	Measure
Dried New Mexican chili peppers, whole		3		6
*Fresh onions, diced	1 lb 9 oz	1 qt 1 1/2 cups	3 lb 2 oz	2 qt 3 cups
Vegetable oil		1/2 cup		1 cup
Ground cumin		1 1/2 Tbsp		3 Tbsp
*Fresh sweet potatoes, peeled, cubed 1/2"	3 lb	2 qt 2 1/4 cups	6 lb	1 gal 1 qt
Canned low-sodium black beans, drained, rinsed	12 lb 2 oz	1 gal 1 1/3 qt (3 No. 10 cans)	24 lb 4 oz	2 gal 2 2/3 qt (6 No. 10 cans)
OR	OR	OR	OR	OR
*Dry black beans, cooked (See Notes Section)	12 lb 2 oz	1 gal 1 1/3 qt	24 lb 4 oz	2 gal 2 2/3 qt
Orange juice		3 cups		1 qt 2 cups
Low-sodium chicken stock		1 qt		2 qt
Red wine vinegar		1/4 cup		1/2 cup
Salt		1 tsp		2 tsp
Ground black pepper		1 tsp		2 tsp
*Fresh Swiss chard, no stems, chopped 1/2"	1 lb	1 qt 1 cup	2 lb	2 qt 2 cups
OR	OR	OR	OR	OR
Frozen Swiss chard, chopped	12 oz	2 1/4 cups	1 lb 8 oz	1 qt 1/2 cup



Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	222.48	
Total Fat	4.43 g	
Protein	10.35 g	
Carbohydrates	43.48 g	
Dietary Fiber	12.25 g	
Saturated Fat	0.34 g	
Sodium	578.59 mg	

Meal Components

Vegetables		
_ Red & Orange		1/4 cup
_ Other		1/4 cup
Meat / Meat Alternate		3 ounces

Directions

1. Sauté chili peppers and onions in oil for 2-3 minutes. For 25 servings, use a large stockpot. For 50 servings, use a roasting pan/square head pan (20 7/8" x 17 3/8" x 7") on top of stove
2. Add cumin and sauté for 2 minutes.
3. Add sweet potatoes, black beans, orange juice, and stock. Bring to a boil
4. Cover and reduce heat to low. Simmer for 20 minutes or until potatoes are tender.
5. Remove chilies and discard. Add vinegar, salt, pepper, and Swiss chard. Cover. Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
6. Critical Control Point: Hold for hot service at 135 °F or higher
7. Portion with 8 fl oz ladle (1 cup).

Notes

Our Story

Skyline High School is located at the crest of the Oakland Hills in California. The team grew out of an existing afterschool cooking academy that teaches cooking skills and nutrition. The team is excited to have their recipe, Sweet Potato and Black Bean Stew, represented in this cookbook.

Sweet Potato and Black Bean Stew was created when the team at Skyline High School decided to match an unlikely pair of ingredients. The wonderful recipe combination is as savory as it is sweet. This stew is brought to a healthy and earthy conclusion with flavorful Swiss chard, a delicate and mild-flavored, dark-green leafy vegetable. Served over brown rice or whole-wheat couscous, this stew warms the soul and feeds the mind.

Skyline High School

Oakland, California

School Team Members

School Nutrition Professional: Donnie Barclift

Chef: Jenny Huston

Community Members: Rusty Hopewell (Health

Center Nutritionist) and Sage Moore

Students: Karen M., Quailyn S., and Rudy R.

1 cup provides:

Legume as Meat Alternate: 3 oz equivalent meat alternate, 1/4 cup red/orange vegetable, and 1/4 cup other vegetable.

OR

Legume as Vegetable: 3/4 cup legume vegetable, 1/4 cup red/orange vegetable, and 1/4 cup other vegetable.

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

Special tip for preparing dry beans:

SOAKING BEANS

OVERNIGHT METHOD: Add 1 $\frac{3}{4}$ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with cooking beans.

QUICK-SOAK METHOD: Boil 1 $\frac{3}{4}$ 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 cooking beans.

COOKING BEANS

Once the beans have been soaked, add 1 $\frac{3}{4}$ 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.

In place of the New Mexican Chilies use California, Anaheim, or Ancho chilies. If using powdered chili use Ancho Chili Powder and use 1 Tbsp per chili.

Sweet Potato and Black Bean Stew

Makes: 50 or 100 Servings

This hearty main dish combines the sweetness of orange sweet potatoes and the robustness of black beans, with the surprise addition of Swiss chard and a light touch of cumin. Serve over brown rice or whole-wheat couscous for a warm delight!



50 Servings 100 Servings

Ingredients	Weight	Measure	Weight	Measure
Dried New Mexican chili peppers, whole		6		12
*Fresh onions, diced	3 lb 2 oz	2 qt 3 cups	6 lb 4 oz	1 gal 1 qt
Vegetable oil		1 cup	1 lb	2 cup
Ground cumin		3 Tbsp		1/4 cup 2 Tbsp
*Fresh sweet potatoes, peeled, cubed 1/2"	6 lb	1 gal 1 qt	12 lb	2 gal 2 qt
Canned low-sodium black beans, drained, rinsed	24 lb 4 oz	2 gal 2 2/3 qt (6 No. 10 cans)	48 lb 8 oz	5 gal 1 1/3 qt (12 No. 10 cans)
OR	OR	OR	OR	OR
*Dry black beans, cooked (See Notes Section)	24 lb 4 oz	2 gal 2 2/3 qt	48 lb 8 oz	5 gal 1 1/3 qt
Orange juice		1 qt 2 cups		3 qt
Low-sodium chicken stock		2 qt		1 gal
Red wine vinegar		1/2 cup		1 cup
Salt		2 tsp		1 Tbsp 1 tsp
Ground black pepper		2 tsp		1 Tbsp 1 tsp
*Fresh Swiss chard, no stems, chopped 1/2"	2 lb	2 qt 2 cups	4 lb	1 gal 1 qt
OR	OR	OR	OR	OR
Frozen Swiss chard, chopped	1 lb 8 oz	1 qt 1/2 cup	3 lb	2 qt 1 cup

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Total Calories	222.48	
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Protein	10.35 g	
Carbohydrates	43.38 g	
Dietary Fiber	12.25 g	
Saturated Fat	0.34 g	
Sodium	578.59 mg	

Meal Components

Vegetables

- _ Red & Orange 1/4 cup
- _ Other 1/4 cup

Meat / Meat Alternate 3 ounces

Directions

1. Sauté chili peppers and onions in oil for 2-3 minutes.
For 25 servings, use a large stockpot. For 50 servings, use a roasting pan/square head pan (20 7/8" x 17 3/8" x 7") on top of stove.
2. Add cumin and sauté for 2 minutes.
3. Add sweet potatoes, black beans, orange juice, and stock. Bring to a boil.
4. Cover and reduce heat to low. Simmer for 20 minutes or until potatoes are tender.
5. Remove chilies and discard. Add vinegar, salt, pepper, and Swiss chard. Cover. Critical Control Point: Heat to 135 °F or higher for at least 15 seconds.
6. Critical Control Point: Hold for hot service at 135 °F or higher
7. Portion with 8 fl oz ladle (1 cup).

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Special tip for preparing dry beans:

SOAKING BEANS

OVERNIGHT METHOD: Add 1 3/4 qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with cooking the beans.

QUICK-SOAK METHOD: Boil 1 3/4 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 cooking the beans.

COOKING BEANS

Once the beans have been soaked, add 1 3/4 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 1/4 cups dry or 4 1/2 cups cooked beans.

In place of the New Mexican Chilies use California, Anaheim, or Ancho chilies. If using powdered chili use Ancho Chili Powder and use 1 Tbsp per chili.