

BLACK BEAN FIESTA WRAP

Meat/Meat Alternate-Vegetable-Grains-Main Dishes

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Black beans, canned, rinsed, drained		3 qt (1 #10 can)		1½ gal (2 #10 cans)	1. Combine beans, rice, carrots, lettuce, and cabbage in large bowl. 2. Toss with dressing. Season with salt and pepper. 3. Place 1 cup bean and vegetable mixture on each tortilla; top with a tomato slice and roll up.
Rice, cooked, cooled		3 qt		1½ gal	
Carrots, shredded	1½ lb	1½ qt	3 lb	3 qt	
Lettuce, shredded	1½ lb	1½ qt	3 lb	3 qt	
Red cabbage, shredded	1½ lb	1½ qt	3 lb	3 qt	
Italian salad dressing		3 C		1½ qt	
Salt		2 tsp		4 tsp	
Black pepper		1 tsp		2 tsp	
Flour tortillas (8-inch)		50 each		100 each	
Tomato slices		50 slices		100 slices	

Serving	Yield	Volume
1 tortilla wrap	50 Servings:	50 tortilla wraps
Each serving provides 2 ounces equivalent meat/meat alternate, ½ cup serving vegetable, and 1 serving grains/breads.	100 Servings:	100 tortilla wraps

Nutrients Per Serving					
Calories	288 kcal	Saturated Fat	1.2 g	Iron	3 mg
Protein	8 g	Cholesterol	0 mg	Calcium	94 mg
Carbohydrate	47 g	Vitamin A	2504 IU	Sodium	852 mg
Total Fat	8 g	Vitamin C	9 mg	Dietary Fiber	5 g

Notes
 Equipment list: large bowl, medium bowl.