



## BEAN AND SALAD WRAPS

*Mid-Morning or After-School Snack. This dish provides a portion of vegetables. If this dish is provided at lunch it would not count towards the requirement to provide a portion of vegetables as an accompaniment because they are part of a composite dish. It is good practice to include vegetables as part of composite dishes.*

*Recipe adapted from: Children's Food Trust Recipes for Success series – Mid-morning break recipes and tips*

### Ingredients

400g canned red kidney beans in water, drained and rinsed (240g)  
 400g canned black-eyed beans in water, drained and rinsed (240g)  
 150g onion, peeled and finely chopped  
 160g red pepper, finely chopped  
 75g tomato puree  
 3g chilli powder  
 930g (15x 62g or 20x40g) flour tortillas (secondary serving use regular approximately 62g each. Primary serving use small approximately 40g each)  
 200g reduced-fat Cheddar cheese  
 200g lettuce, shredded  
 200g cucumber, chopped  
 170g tomato, chopped

### Method

1. To make the bean salad, mix together the kidney beans, black-eyed beans, onion, tomato puree and chilli powder.
2. Lay out the tortillas and split the bean salad between them. Next add the cheese and then the lettuce, cucumber and tomato.
3. Fold the tortillas around the ingredients and serve.

**Serving suggestion:** as part of a grab-bag at mid-morning break or at lunchtime.



#### Number of portions this recipe makes:

20 primary servings (85g);  
 15 secondary servings (170g)



**Prep:** 15 minutes  
**Cook:** 0 minutes



#### Allergy information:

Milk, wheat (gluten)



### Top Tips

Try different types of beans such as borlotti beans, butter beans, soy beans for colour & variety.

#### Government Buying Standards for Food & Catering Services

Using the GBSF nutrition criteria to buy ingredients helps to reduce the amount of salt, saturated fat and sugar in children's diets.

For this recipe: choose hard yellow cheese which has a maximum total fat content of 25g/100g, and wraps containing <1.0g salt per 100g.