SCHOOL FOOD PLAN





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)

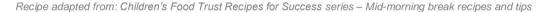


Top Tips

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

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.





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 pureé

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

Government Buying Standards for Food & Catering Services Using the GBSF nutrition criteria to buy ingredients helps to reduce the

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.

Method

- To make the bean salad, mix together the kidney beans, black-eyed beans, onion, tomato pureé and chilli powder.
- 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 midmorning break or at lunchtime.



