

# The Healthy Lunchtime Challenge Cookbook

54 WINNING RECIPES FROM AMERICA'S JUNIOR CHEFS



## ILLINOIS



## Black Bean Wrap with Jicama-Grilled Corn Salsa

TADDY PETTIT, 10

"We chose this recipe because the children love bean burritos!" says Taddy's dad, Ryan. "This version is fun for them to build their wraps from the fresh vegetables we grow in our garden. The beans and quinoa are high in nutrients and protein, and there is a nice balance with the yogurt for dessert." Taddy likes to serve it with a nonfat Greek-style yogurt parfait that stars fresh pineapple and strawberries.

Makes 10 servings

### INGREDIENTS

#### For the black bean wraps:

1 cup dried black beans  
1 tablespoon olive oil  
1/2 medium onion, diced  
1 medium carrot, diced  
1 rib celery, diced  
3 cloves garlic, minced  
3 cups water  
1/2 cup cooked quinoa  
Salt and freshly ground black pepper

#### For the jicama-grilled corn salsa:

1 cup diced jicama  
1 green bell pepper, seeded and diced  
1 red bell pepper, seeded and diced  
1 jalapeño, seeded and minced

1 cup grilled or boiled corn kernels  
1/2 medium red onion, diced (optional)  
1/4 cup red wine vinegar  
2 tablespoons freshly squeezed lime juice  
2 cloves garlic, minced  
1 tablespoon Dijon mustard  
1 teaspoon salt  
1/2 teaspoon freshly ground black pepper  
1/2 cup olive oil

#### To serve:

Whole wheat tortillas  
Baby spinach leaves  
Avocado  
Fresh cilantro

## PREPARATION

### Make the black bean wraps:

1. Soak the black beans in cold water in the refrigerator overnight. Drain and rinse the soaked beans.
2. In a medium saucepan pan over moderate heat, warm the olive oil. Add the onion, carrot, celery, and garlic and sauté, stirring occasionally, until soft and translucent, about 3 minutes. Add the beans and 3 cups water and bring to a boil. Lower the heat and simmer the beans, stirring occasionally, for 30 minutes. Remove the beans from the heat and cool.
3. Transfer the beans to a food processor and purée until smooth. Transfer to a large bowl, add the cooked quinoa, and stir to combine. Season with salt and pepper.

### Make the jicama-grilled corn salsa:

1. In a medium bowl, toss together the jicama, green and red bell peppers, jalapeño, corn, and red onion, if using.
2. In a blender combine the vinegar, lime juice, garlic, mustard, salt, and pepper. Blend well then slowly add the olive oil. Drizzle the vinaigrette over the salsa and stir to combine.

### To serve:

1. Warm the tortillas in the oven or microwave. Spread 1 tablespoon of the black bean purée down the middle of each tortilla then top with spinach, avocado, salsa, and cilantro. Roll up and enjoy.

363 calories; 9g protein; 44g carbohydrates; 16g fat (2g saturated fat); 446mg sodium

