



Tuscan White Bean Wrap

Family Recipe

Serves 6

Ingredients:

- 1, 19 oz can Tuscan white beans or cannelloni beans, drained and rinsed
- 1 cup fresh flat parsley, chopped
- 1 clove fresh garlic, peeled and chopped
- 1 tablespoon balsamic vinegar
- 2 teaspoons Kosher salt
- ½ teaspoon black pepper
- 1 large tomato diced
- 1 English cucumber , diced
- 2 carrots, grated
- 4 large leaves of red leaf lettuce
- 4 whole wheat wraps

Directions:

1. Place the beans, parsley, garlic, vinegar, salt and pepper into work bowl of a food processor fitted with a metal blade.
2. Turn on the food processor and run until the ingredients are smooth.
3. To assemble the wraps, spread the bean puree evenly on a tortilla. In the center, lay a strip of tomatoes, cucumbers, and carrot. Place a lettuce leaf on top of the vegetables. Fold the left and right sides inward, then roll up the tortilla from the bottom, enclosing the filling.

For the best flavor, use ingredients in season from a farmers' market or in winter ask at the supermarket for vegetables grown on a local farm.

For more information, email dolcott@challiance.org.

The *Tasty Choices* program, a partnership between Public Health Department nutritionists and the Cambridge Schools' Food Services Department, introduces fresh and appealing foods to school menus. Chef Vin Connelly works with food service staff to develop healthy, seasonal recipes for the city's public schools. The program engages students in taste tests and learning activities. Founding partners are the Cambridge Public Health Department, Cambridge Public Schools, Institute for Community Health, and CitySprouts school gardens. *Tasty Choices* is coordinated by Dawn Olcott, a nutritionist with the Cambridge Public Health Department's School Health Program.

Do 5-2-1 Every Day!

5 servings of fruits & vegetables

2 hours or less of TV/screen time

1 hour of physical activity