

VEGETARIAN WRAP

Fern Creek High School

<i>Guacamole (see recipe)</i>	<i>recipe)</i>	<i>Duck or chicken (based on availability)</i>
<i>Pinch of chili powder per wrap</i>	<i>1 yellow bell pepper</i>	<i>1 1/2 cup grated Kenny's Colby-Chipotle cheese</i>
<i>1/2 white onion</i>	<i>1 red bell pepper</i>	<i>Salt and pepper to taste</i>
<i>1 Tbsp olive oil</i>	<i>1 orange bell pepper</i>	
<i>2 cans black beans</i>	<i>10 handmade tortillas (see recipe)</i>	
<i>Pickled red onion (see</i>	<i>12 eggs, scrambled</i>	

Guacamole

<i>4 avocados</i>	<i>1 bunch of cilantro</i>	<i>Salt and pepper to taste</i>
<i>1 small red onion</i>	<i>Juice of 3 limes</i>	

Pico

<i>1 red onion</i>	<i>4 tomatoes</i>	<i>1 bunch of cilantro</i>
<i>2 mangoes</i>		

Roasted tomato salsa

<i>1 pound Roma tomatoes</i>	<i>1 medium Serrano chile</i>	<i>2 Tbsp chopped fresh cilantro</i>
<i>1/2 medium white onion</i>	<i>1 tsp kosher salt</i>	
<i>2 medium garlic cloves</i>	<i>1 tsp fresh lime juice</i>	

Pickled red onion

<i>1 medium red onion</i>	<i>3 cups white vinegar</i>	<i>1 jalapeño pepper</i>
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Tortilla recipe

<i>1 1/3 cups Wiesenberger unbleached all-purpose flour</i>	<i>4 tablespoons vegetable oil</i>
<i>2/3 cup Wiesenberger yellow cornmeal</i>	<i>1/2 cup + 1 tablespoon water</i>
	<i>1/2 teaspoon salt</i>

Sauté onions. Chop vegetables. Prepare roasted tomato sauce. Chop vegetables. Cook eggs. Cut avocados and mangoes, make pico and guacamole, build and roll wraps.

