

Jr. Chef Club II Vary Your Veggies Lesson 5

Crunchy Burritos

Makes enough for 25–30 students to have a sample.

Sanitize countertop and table and cover work surface with wax paper. The cheese and lettuce for this recipe are already shredded. Before the students get involved, use the food processor to chop broccoli and cauliflower and shred the carrots as well. As mentioned in the Educator Information, it is best to prepare the broccoli and cauliflower ahead of time, off site or in another area of the school, to reduce the sulfur smell emitted by these veggies.

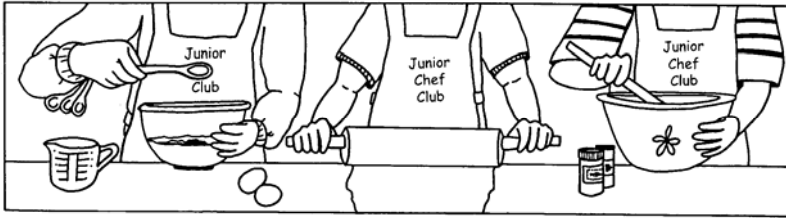
Distribute a washed green onion and plastic knife to each Jr. Chef. Show them how to cut off the root end and excess stem and have them each slice the green onion they were given. Allow them to take turns measuring all ingredients into large bowl. Once mixture is complete, allow Jr. Chefs to assemble four burritos each. Adult helper will cut the burritos into thirds with a sharp knife. Students can then carefully plate the burritos and serve.

Ingredients:

- 1½ cups shredded carrots
- 1½ cups chopped broccoli
- 1½ cups chopped cauliflower
- 6 green onions, thinly sliced
- 12 ounces reduced-fat shredded cheddar cheese
- ¾ cup low-fat ranch salad dressing
- 1½ teaspoon chili powder
- 12 (7 inch) 98 percent fat free whole wheat tortillas
- 3 cups torn lettuce

Directions:

1. In a mixing bowl, combine carrots, broccoli, cauliflower and onions with cheese, dressing, and chili powder.
2. Lay tortillas flat on the counter and spoon ½ cup vegetable mixture down the center. Sprinkle with about ¼ cup of lettuce.
3. Wrap each tortilla very tightly around the vegetable mixture.



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