



Crunchy Burritos

Prep time: 15 minutes | Cooking time: 0 minutes | Number of servings: 4

- ½ cup shredded carrots
- ½ cup chopped broccoli
- ½ cup chopped cauliflower
- 2 green onions, thinly sliced
- 2 ounces sharp cheddar cheese, shredded
- ¼ cup nonfat ranch dressing or low-fat ranch dressing
- ½ teaspoon chili powder
- 4 whole wheat tortillas (8 inches wide)
- 1 cup lettuce, torn into bite size pieces

Directions

1. In a medium bowl, combine carrots, broccoli, cauliflower, green onions, cheddar cheese, ranch dressing, and chili powder.
2. Spoon ½ cup vegetable mixture onto the center of each tortilla. Put ¼ cup lettuce on top and roll each tortilla, tucking ends in to prevent spilling.
3. Cut each in half and enjoy.



Food Sense Tip

- Kids love the crunch of fresh vegetables. Let them help make these easy burritos. They are quick to make and you can use whatever vegetables you have on hand.

Nutrition Facts (Serving size 1 burrito): Calories-210; Protein-9g; Carbohydrate-28g; Total Fat-8g; Saturated Fat-3.5g; Cholesterol-15mg; Fiber-5g; Sodium-570mg; Vitamin C-30%; Vitamin A-70%; Iron-4%; Calcium-15%

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Cook Together! Making Crunchy Burritos with Kids

This tasty treat is popular with kids. Ask them for help to cut time preparing this snack.

- Easy Tasks:**
- Gather ingredients and equipment.
 - Wash all vegetables.
 - Tear lettuce into bite-size pieces.
 - Lay out tortillas on a clean surface.
- Intermediate Tasks:**
- Shred carrots and cheese.
 - Measure ingredients.
- Difficult Tasks:**
- Chop broccoli and cauliflower.
 - Roll up filled tortillas.
 - Cut each burrito in half.

This material was funded by USDA's Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local DSHS Community Service Office.

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