Adapted from Seattle-King Co SNAC Program

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%

3. Cut each in half and enjoy.

of each tortilla. Put ¼ cup lettuce on top and roll each tortilla, tucking ends in to prevent spilling.

 Kids love the crunch of fresh vegetables. Let them help make to make and you can use whatever to make and you can use whatever

Food \$ense Tip



In a medium bowl, combine carrots, broccoli, cauliflower, green onions, cheddar cheese, ranch dressing, and chili powder.
Spoon ½ cup vegetable mixture onto the center of coch toatill.

Directions

I cup lettuce, torn into bite size pieces

4 whole wheat tortillas (8 inches wide)

1/2 teaspoon chili powder

¼ cup nonfat ranch dressing or low-fat ranch dressing

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2 green onions, thinly sliced

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½ cup chopped broccoli

1/2 cup shredded carrots

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

Crunchy Burritos



KID-TESTED FRUITS & VECCIES

KID-TESTED FRUITS & VEGGIES



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

1/4 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

- 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 $\frac{1}{4}$ cup lettuce on top and roll each tortilla, tucking ends in to prevent spilling.

3. Cut each in half and enjoy.



 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.

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This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact http://foodhelp.wa.gov or the Basic Food Program at 877-501-2233.

Cut each burrito in half.

Roll up filled tortillas.

Difficult Tasks: Chop broccoli and cauliflower.

Measure ingredients.

Intermediate Tasks: Shred carrots and cheese.

Tear lettuce into bite-size pieces. Lay out tortillas on a clean surface.

Wash all vegetables.

Easy Tasks: Gather ingredients and equipment.

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

Cook Together! Making Crunchy Burritos with Kids



KID-TESTED FRUITS & VECCIES

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Roll up filled tortillas. Cut each burrito in half.

