



## Crunchy Veggie Burritos



### Instructions:

**Kid:** Combine prepared broccoli, green onion, and carrot with low-fat cheddar cheese, chili powder, and low-fat ranch salad dressing.

**Together:** Divide the mixture among 4 whole-wheat tortillas.

**Together:** Sprinkle chopped lettuce and roll wraps up tightly.

**Adult:** Cut wraps in half and serve.

**Together:** Enjoy!

Featuring a quick salad of broccoli, carrots and low-fat cheese, these easy burritos are a nutritious way to get dinner on the table in a flash. This recipe comes to us from our friends at [HomeStyles](#), a program of Rutgers University.

### Ingredients: (serves 4)

- 2 cups chopped broccoli
- 2 green onions, thinly sliced
- 1 large carrot, grated
- 1/2 cup shredded low-fat cheddar cheese
- 1/2 teaspoon chili powder
- 2 tablespoons low-fat ranch salad dressing
- 4 whole-wheat tortillas
- 2 cups chopped lettuce

# Food For Thought!



Did you know it can take 10 or more tries of a new food for a child to eat it? Sometimes, kids may never accept a food, and that's okay. Everyone has his or her own likes and dislikes. Set an example for kids by eating the way you want your kids to eat and continuing to offer new foods even if it takes multiple tries. Tastes change, after all!

## Cooking Tip of the Week

To keep your burritos from falling apart, it's important to use tortillas that are large enough. Look for a whole wheat version that's about 12" across for this recipe.

## Conversation Starter

What is something that you didn't like before, but now you do? It could be a food, a sport, anything! Why did you change your mind?



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