



## Jamie Oliver's Rainbow Salad Wrap



Mixing canned pumpkin puree into red enchilada sauce both tones down the sauce's spiciness and adds an extra boost of vitamins and fiber. This recipe comes to us from our friends at [Meal Makeover Moms](#).

### Ingredients: (makes 6)

#### For the Salad

- 2 small raw beets, different colors if possible (roughly 6 oz.)
- 2 carrots
- 6 oz. green cabbage
- 1 firm pear
- 1/4 a bunch of fresh mint
- 1/4 a bunch of fresh Italian parsley
- 6 small whole wheat tortillas
- 2 oz. feta cheese

#### For the Dressing

- 5 tablespoons plain yogurt
- 1/2 teaspoon English mustard\*
- 3 teaspoons apple cider vinegar
- 2 tablespoons extra virgin olive oil

### Instructions:

**Kid:** Wash the beets and carrots under cold running water, scrubbing with a scrubber to get rid of any dirt (there's no need to peel them).

**Kid:** Pick off and discard the wispy ends from the beets.

**Together:** Hold a box grater steady on a cutting board, then gripping the root end, coarsely grate the carrots, stopping before your fingers or knuckles get too close to the grater. Place the grated carrots into a large bowl.

**Together:** Coarsely grate or thinly slice the cabbage, then discard the core and add to the bowl.

**Together:** Remove the stalk from the pear, coarsely grate (core and all), then place it into the bowl.

**Together:** Finally, hold the root end of the beets and coarsely grate (you may want to wear rubber gloves for this), then add to the bowl.

**Kid:** Pick the mint and parsley leaves, then discard the stalks. Tear or finely chop the leaves on a board and add to the bowl.

**Kid:** Add all the dressing ingredients to a glass jar.

**Kid:** Put the lid securely on the jar and shake well.

**Kid:** Have a taste and see whether you think it needs a bit more yogurt, vinegar or oil – you want it to be slightly too acidic, so that it's still nice and zingy once you've dressed your rainbow salad.

# Food For Thought!



"It has never been more important to educate people about food and how to cook it," say the folks at Jamie Oliver's Food Revolution Day. Obesity and diet-related diseases remain on the rise worldwide, and helping kids learn to cook fresh foods at home is one of our best tools to reverse the epidemic. Plus, it's delicious! So what are you waiting for? Let's cook up a revolution!

## Cooking Tip of the Week

"Remember that box graters are very sharp so use them carefully. Hold hard fruit and vegetables with a firm grip and use nice big chunks so that your hands are safely out of the way. When your knuckles get too close to the grater, stop grating and discard the leftovers." -Jamie Oliver

## Conversation Starter

Why do you think it is important to learn how to cook?



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