

**Recipe prep time:** 20 min demo/assemble, 15 min for eating (pre-class prep required)

**Servings:** about 24

## **Ingredients (choose 1 of each plant part)**

- ROOT: 6 Carrots or Pickled Beets, julienned
- STEM: 6 thinly sliced Green onions, 24 Asparagus spears, or 4 Celery ribs, julienned
- LEAF: Cabbage or Lettuce leaves, one “tortilla-size” leaf per student
- FRUIT: Thin slices of Avocado, tomato, peppers (1 slice per student), or cucumbers (2 slices per student)
- FLOWER: Small pieces of Broccoli florets or Cauliflower (2 heads - plan 2-3 pieces per student)
- SEEDS: Cooked Corn or Peas (1 frozen bag), Cooked Black Beans (2 cans, rinsed), Sunflower Seeds (about 2 cups)
- Dressing Suggestions:
  - SEED: Hummus (2 pints) or Sesame-Soy (1 bottle, check for student allergies!)
  - FRUIT: Salsa (1 bottle or large container), Guacamole (2 pints), Lemon or Lime juice (1 wedge per student, 4 fruits per class)

## **Instructions**

1. Prep the food ahead of time. (Students will assemble their planturritos rather than cut up the ingredients.)
2. Set up a table with ingredients assembly line style. (If using a bottle dressing, offer that later, as students are assembling)
3. Students wash and dry hands, and then move through the line, choosing their ingredients and returning to their seat ready to assemble.
4. Demonstrate how to assemble the food, burrito or wrap style: layer all ingredients along the spine of the cabbage or lettuce leaf, add a little dressing or lime/lemon, and roll up. If using hummus or guacamole, spread that first.
5. Students assemble their Planturritos, and if liquid dressing is an option, sprinkle that on before they complete wrapping.

## **Note for using garden harvested produce:**

1. Add 10-15 minutes to class time if students harvest lettuce (and wash well), including showing them how to harvest leaf lettuce. For other vegetables that require more preparation (carrots or broccoli), have students harvest and wash available ingredients the day before, and store in a refrigerator.
2. For broccoli or cauliflower, be sure to check the condition of florets in advance, as aphids can really hide inside and are very difficult to wash out. If broccoli goes to blossom, you

can still use them! Students can harvest them to sprinkle in their planturrito. So tasty and fun to eat flowers!