

Dirt Wraps (inspired by Krista Long COG)

Watch'em shovel these in. Kids like them even more if they assemble their own. The spoon is the shovel. Forks rake the sprouts around. Local organic ingredients make kids, farmers and the environment happy.

Try other versions for *Rapid Wraps* – chicken salad with fresh peas or hummus, grated carrot and sprouts or lettuce.

Preparation Time: 20 min

Number of Servings: 12

Serving Size: 5 slices = 1/2 of a 10" tortilla

Ingredients:

- 6 10" organic Whole Wheat Tortillas
- 2 c organic greens- either sprouts or thinly sliced spinach or lettuce
- 1 ½ c organic cheese, grated
- 1 c organic mild salsa *optional

In a food processor fitted with the blending blade, combine:

- 2 c organic beans, drained and rinsed (black beans make good dirt)

Or begin with

- 1 c organic dry beans cooked and drained.
- ¼ c organic olive oil or local organic oil (Ontario Sunflower)
- 1 tsp organic apple cider vinegar
- 1 tsp organic lemon juice (or to taste)
- 2 tsp organic chilli powder
- ¼ tsp organic ground cumin

* Organic spices are readily available from natural food stores and some bulk food stores

Divide the bean spread (dirt) amongst the 6 tortillas and spread it out with your spoon (shovel).

Add 2 tbsp salsa per wrap and also spread with the shovel.

Scatter 1/3 cup of the greens on to each wrap and rake them around. Sprinkle on ¼ c of cheese.

Roll the tortillas up in to tight logs. If you are going to slice them in to ½ " wide pieces, leave them to rest covered, seam side down, for 1-2 hrs up to over night. If you can't wait that long, cut the logs in ½ and gobble them up.

Supplies:

Food processor with blade attachment

1-cup dry measure

Rubber spatula

1-cup liquid measure

Measuring spoons

Large spoons for spreading

Forks for "raking"

Platter