



Taquito Wrap

RECIPE NAME

INGREDIENTS

- 1 romaine lettuce leaf
- 1 cucumber, peeled & sliced
- 1 carrot, shredded
- 1 bunch of cilantro
- 1 - 16 oz. can of pinto beans, heated & placed in a bowl
- Salsa/salad dressing/lime/lemon

KITCHEN UTENSILS

- 1 chopping board
- 1 kid-friendly knife
- 1 bowl
- 1 spoon
- 1 plate
- peeler
- grater

NUMBER OF SERVINGS

1

TIME TO PREPARE

30 minutes

PROCEDURE

1. Take the romaine leaf, trim a part off the top and bottom. Place your scraps to the side for composting. Place your leaf on a plate.
2. Take 1 spoonful of pinto beans and place them in a row inside of the leaf.
3. Take 2 or 3 rounds of cucumbers and stack them up. Carefully dice the cucumber into small pieces.
4. Carefully shred the carrot with a grater.
5. Remove the cilantro leaves from the stem and place them in a pile. Bunch them up with your fingers and cut the cilantro smaller.
6. Take the plate with the romaine lettuce and pinto beans, sprinkle cucumber, carrots, and cilantro on top of the beans.
7. Garnish with salsa, dressing, lemon, or lime.
8. Enjoy!

