

Recipe for: GARDEN VEGGIE WRAPS

Serves 10-20 students a sample size portion

INGREDIENTS

- 12 pack of tortillas, cut in half
- 8 oz of favorite hummus
- 1-2 cups of each veggie grown in your SYG, shredded or chopped into bite size pieces (spinach, lettuce, kale, carrots, beets, radish, turnips, cilantro, basil, arugula, etc.)

DIRECTIONS

1. Assemble wraps by spreading about 1 tablespoon of hummus on each tortilla half.
2. Separate each shredded or chopped veggie into its own individual bowl.
3. Allow students to create their own wraps by adding whichever veggies they want to their tortilla.
4. Once assembled, fold tortilla in half and eat like a sandwich.



— SCHOOLYARD GARDENS —