

# non-traditional wraps

by Buffy Owens



Place cold brown rice in a large mixing bowl, mix in celery, green onion tops, dried cranberries, walnuts, mayonnaise, and dressing. Stir to combine; season to taste.

Lay out the tortillas. Divide the spinach into 6 equal portions and place on tortillas (do not go all the way to the edge or it will be hard to roll). Divide the brown rice mixture into 6 equal portions and place on top of the spinach. Divide the carrots and do the same.

Roll the tortillas as tightly as you can. Place 3 in each zip lock bag. Refrigerate for several hours (this helps them to stay rolled up when you cut them). Cut in circles and place on plate.

## Adult's help with the recipe

Adults should cook the rice and cool it as well as dice the celery and onion tops



Buffy Owens graduated from Colorado State University, and began her career in Early Childhood almost 40 years ago.

She has been an executive of two child care companies and now lives in Hawaii where she is the Vice President and Preschool Division Director for Kama'aina Kids. Buffy has a passion for the art of catering and food development and display and is a co-owner of a catering company. She enjoys, and thinks it is very important, to involve children in the beauty and flavors of foods.

## Recipe

- 4 C. cooked brown rice (cold)
- ½ C. diced raw celery (washed)
- ½ C. diced green onion tops (washed)
- ½ C. cranberries
- ½ C. walnuts (chopped) (optional due to nut allergy for some children)
- 3 T. mayonnaise
- ½ C. dressing (I use balsamic vinaigrette)
- Spices, salt & pepper to taste
- 2 C. spinach leaves (washed and dried)
- 1 C. carrot curls or grated carrots
- 6 colored tortillas (I like spinach and sun-dried tomato or whole grain)
- 3 gallon size zipper food storage bags

along with the walnuts. Adults should also cut the wraps in circles when they are removed from the refrigerator.

## Children's help with the recipe

Children can:

- measure the mayo, dressing, spices, salt and pepper
- grate the carrots carefully with adult supervision
- stir the items together
- count out the tortillas
- place the spinach, rice mixture, and carrots on top
- help roll, but it is important to get the tortilla to roll tightly (children might need some help)
- place wraps in the zipper bags and take them to the refrigerator
- place the cut circles on a platter or tray or serve themselves on to their plate.

## Skills involved with this recipe:

colors, sorting, eye-hand coordination, mixing, rolling, and the senses; smell, taste, texture.

I am not a vegetarian and I do not like to draw lines between the various culinary cultures. I think brown rice is under used and tastes absolutely fantastic!

I like mixing it with other items such as dried fruit and nuts, though in our industry we must be careful of nut allergies. I think things should be colorful when children are involved and the bigger role that they can play in the making of the item the more they are apt to try new things and appreciate the texture and taste.



Carrot curls, diced celery, diced green onion tops, spinach, and walnuts



Lay out the tortillas

Ready to roll!



Place in a zipper bag and refrigerate for several hours

Display, eat, and enjoy!