

## Playnormous Healthy Recipes

# Green Monster Wrap

### Ingredients:

- 1 tomato
- 1 cucumber
- 2 cups spinach
- 1 15 oz. can of kidney beans
- 4 spinach tortillas
- 4 tsp. low fat Ranch dressing

### Directions:

1. Wash the tomato, cucumber, and spinach under cold, running water.
2. Dry the tomato, cucumber, and spinach on a paper towel.
3. Dry your hands on a clean towel.
4. On a cutting board, cut the tomato and cucumber into bite-size pieces.
5. Use a can opener to open the can of kidney beans.
6. In the sink, pour the kidney beans into a colander.
7. Rinse the kidney beans in the colander with cold, running water.
8. Put the kidney beans into a mixing bowl.
9. Place the spinach tortilla on a serving plate.
10. Measure  $\frac{1}{4}$  cup of kidney beans in a  $\frac{1}{4}$  cup solid measuring cup & add to the tortilla.
11. Measure  $\frac{1}{4}$  cup of cucumber in a  $\frac{1}{4}$  cup solid measuring cup & add to the tortilla.
12. Measure  $\frac{1}{4}$  cup of tomato in a  $\frac{1}{4}$  cup solid measuring cup & add to the tortilla.
13. Measure  $\frac{1}{2}$  cup of spinach in a  $\frac{1}{2}$  cup solid measuring cup & add to the tortilla.
14. Measure 1 tsp of Ranch dressing and add to the tortilla.
15. Roll the tortilla.
16. Repeat steps 8-14 for the remaining three tortillas.

### Nutrition:

- This recipe makes 4 servings.
- Each serving counts as 2 vegetables.

### Safety:

- Watch out for the sharp edge on the can opener and the can's lid.
- Keep your fingers curled under while using the knife to avoid cutting your fingers

### Substitutions:

- Add other vegetables such as onion, bell pepper, broccoli, or corn.
- Try with kidney beans, hummus, or chick peas.

Source: Children's Nutrition Research Center at Baylor College of Medicine

