Celebrating Seasonality: Wisconsin-Grown Recipes for the Early Childhood Setting
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Spring recipe: lunch/supper
Food components used: vegetables, grains, meat/meat alternate
Specialty crop: radish, spinach, peas

Spring Rainbow Wraps				
Ingredients	**8 servings**		**25 servings**	
	Measure	Weight	Measure	Weight
Brown rice, instant, dry	⅔ cups		2 cups	
Spinach, fresh, whole leaves	2 ½ cups	0.25 lbs	7 ½ cups	1 lb
Carrots, fresh, grated	1 cup	0.5 lbs	3 cups	1.75 lbs
Radish, fresh, grated	½ cups	0.25 lbs	1 ½ cups	0.75 lbs
Peas, fresh	¼ cups	0.1 lbs	¾ cup	0.5 lbs
Wisconsin cheese of your choice, sliced (28 g/slice)	12 slices		38 slices	
Whole grain tortilla (6” diameter)	4 tortillas		12.5 tortillas	

Directions:

1. Cook rice as directed on box.
2. Wash spinach. Divide evenly and place in the middle of the tortilla.
3. Divide rice evenly and place on top of spinach in the tortilla.
4. Grate carrots and radishes.
5. Add peas to grated carrot and radish mixture.
6. Combine these and divide mixture equally to be put on rice.
7. Place 3 slices of cheese on each tortilla.
8. Fold the bottom and both sides of tortilla up and roll from one side to the other and serve.

Tips:

- You can also serve your tortilla with 2 oz of hummus for dipping instead of cheese

*Hummus recipe included with veggie sticks

Serving Sizes for **Lunch/Supper**

Age Group	**Serving Size**
Ages 1-2	½ tortilla wrap
Ages 3-5	½ tortilla wrap

NOTE: The number of servings is based on ½ tortilla wrap portions for Ages 3-5; Number of servings may increase or decrease based on the ages of the children served and the amount served. This recipe provides ½ cup of vegetables, ½ oz whole-grain and ½ oz meat/meat alternate per serving.