



WHOLE WHEAT TORTILLAS

Ingredients

- 2 cups wheat flour
- 3/4 cup of warm water
- 1/2 teaspoon salt
- 16 cheese slices
- 3 tablespoons oil

Instructions

1. In a large bowl combine flour and salt. Add water and oil to form the dough. If necessary, add a bit more water. Knead the dough with your hands and mix until the dough is smooth and is able to be molded.
2. Divide the dough into 16 small round portions and form them into ball shapes. Let the dough rest for 10 minutes. On a lightly floured surface, roll out tortillas to your preferred thinness. In a hot greased pan cook them for a minute on each side. Top with a slice of cheese and roll up.



FRIED QUINOA FOR KIDS

Serves: 5-7



Ingredients

- 3 medium carrots
- 2 Tbsp canola oil, divided
- 4 cups quinoa, cooked
- 1 small onion
- 3 large eggs
- 3 Tbsp soy sauce, low sodium
- 2 cloves garlic
- 1/2 cup green peas, frozen
- 1 tsp sugar
- Cooking spray or 2 tsp. canola oil
- 2 stalks green onion

Instructions

1. Chop carrots, onions, and garlic. Set aside.
2. Place a large pan over medium heat. Spray with cooking spray or add 2 tsp. canola oil. Add eggs and use a spatula to scramble them. When cooked, remove from pan.
3. In the same large pan, add 1 Tbsp of canola oil and turn heat to medium high. Add chopped carrots, onion, garlic and frozen peas. Stir occasionally and let cook for 4 minutes or until the veggies are soft.
4. Add the remaining Tbsp of canola oil to the pan and stir in cooked quinoa, scrambled eggs, soy sauce, and sugar. Let cook for 2 minutes.
5. Chop green onions and add to the pan, give it a final stir and it's ready to serve!

Adapted from a recipe by Lizzy Early.
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