

# Recipe

## Hungry Dino Burritos

### INGREDIENTS:

2 cups diced potatoes  
2 cups diced bell peppers  
1 T. olive oil  
1 cup canned chickpeas,  
drained and rinsed OR 1 cup  
cooked chicken, chopped  
1 cup of corn  
salt to taste  
1 cup mild salsa  
1 tsp ground cumin  
tortilla shells  
guacamole (optional)

*\*Caution: Always check for allergies  
before serving foods. Make  
substitutions as needed*

### DIRECTIONS:

Have children wash their hands, and invite them to help prepare a snack suited for herbivores or carnivores! Invite children to help chop the potatoes and bell peppers. Preheat the oven to 400° F. Place potatoes on a parchment-lined sheet pan, sprinkle them lightly with salt, and roast until golden (approximately 20 minutes), stirring once halfway through. Encourage children to observe differences in the potatoes' appearance after roasting. Heat the olive oil over medium heat and add the bell peppers. Sauté until tender. Add the chickpeas or chicken, corn, salsa, and cumin. Stir well to coat everything, and cook over medium heat until everything is heated through and the sauce has begun to thicken (about 5–10 minutes). Taste and adjust salt as needed. Stir in the roasted potatoes and remove the pan from the heat. Add the burrito mixture to the tortilla shells, wrap up, and cut in half before serving. This recipe will make approximately 5 full-sized burritos. Offer children the option to try guacamole with their burrito. Serve along with the cut up vegetables from the Plant Eaters Salad



# Recipe

## Pumpkin Smoothies

### INGREDIENTS:

16 oz. canned  
pumpkin (frozen)  
2 cups milk  
1 banana (frozen)  
2 tsp. cinnamon  
dash of pumpkin  
pie spice (optional)

\*Caution: Always check for allergies  
before serving foods. Make  
substitutions as needed

### DIRECTIONS:

Scoop the pumpkin into a freezer-safe bowl and have children view it.

Peel a banana and explore that as well. Freeze both fruits for several hours.

Have children wash their hands. Invite children to help you place the ingredients into a blender. Blend ingredients until smooth, and sprinkle with a bit of pumpkin pie spice, if desired. Serve immediately. Makes approximately eight  $\frac{1}{2}$  cup servings.

