

Recipe

Build-Your-Own Burritos

- ✓ 1 cup diced white or red onions
- ✓ 2 bell peppers (yellow, red or green)
- ✓ 2 cups sliced mushrooms
- ✓ 2 cups cooked rice
- ✓ 10 tortillas

Optional Ingredients

- ✓ grated cheese
- ✓ shredded cooked chicken
- ✓ your favorite salsa
- ✓ shredded carrots
- ✓ shredded or chopped lettuce
- ✓ chopped cilantro
- ✓ fresh chopped mangoes
- ✓ sour cream (thinned with a little nonfat milk)

Picky eaters unite! With this meal you can be as choosy as you want. Pick your ingredients, wrap 'em up, and enjoy.



1. In medium pan, sauté onions, pepper, and mushrooms until combined and fragrant. Place in serving bowl with spoon.
2. Toast tortillas in a dry pan until lightly browned. Put in tray wrapped in cloth napkin or bandana.
3. Add assorted optional ingredients to separate bowls and place on table.
4. Call friends and family to table and invite them to assemble their own burrito!

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