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One of our favorite recipes:



Pretty Purple Picnic Wraps Wraps

Beet wraps from another great eating healthy and delicious blog, *Green Kitchen Stories* (<http://www.greenkitchenstories.com/pretty-purple-picnic-wraps/>).

To make 8 big wraps: 8 wholegrain or corn tortillas, 4 big salad leaves (torn in two), and:

Purple Beet & Goat Cheese Mix

1 1/3 lbs. beets
2/3 lb. goat cheese
5 tbsp olive oil
salt & pepper

Peel the beets with a peeler and put them in a blender or food processor. Press 'pulse' a few times. Then add goat cheese, olive oil and salt & pepper. Blend for about a minute or until it has the consistency of a rough textured spread.

White Quinoa & Raisins

1 cup quinoa
1 tsp. fennel seeds
1/2 cup raisins, any color
1 tsp. cinnamon
a pinch of salt

Rinse and put into a 2-3 quart pot the quinoa and 2 cups of water. Add fennel seeds, bring to a boil and cook for about 15-20 min. Mix in raisins, cinnamon and salt.

Orange & Green Lentils

1 cup green/brown lentils, any kind
1 tsp oregano (add to the water)
a pinch of salt
100 g (a slight 1/2 cup) walnuts, chopped
1 organic orange (juice and zest)
a handful goji berries, optional

+ Lentil trick: Do not add salt until the lentils are cooked, because the salt will toughen them if added during cooking.

Rinse the lentils and put in a pot with water to cover by an inch. Add oregano and bring to a boil. Let the lentils cook for 2-3 minutes before reducing the heat to medium. Let them cook until tender, about 35 minutes. When done, add a pinch of salt and set aside. Then add walnuts, orange juice & zest and goji berries and mix well.

Wrap it up!

Put all 8 tortillas on the kitchen counter. Place two or three of spoonfuls of the beet & goat cheese mix in the middle of the tortilla (not all the way to the sides), place the salad leaf on top, so it'll cover the spread. Place a couple of spoonfuls of White Quinoa & Raisins and a couple of spoonfuls of Orange & Green Lentils on top. Wrap it up and enjoy!

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