

Cut & fold along dotted lines to fit this in your 3x5-inch recipe card box :

One of our favorite recipes:



## Pretty Purple Picnic 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!

ePublishingPartners, Inc.

[www.epublishingpartners.com](http://www.epublishingpartners.com)

