

Sweet & Spicy Rainbow Burritos



Brief recipe description: Hamilton City School District students developed a vibrant, vegetarian burrito full of locally sourced vegetables and spicy sunflower ginger sauce.

Meal Type: Lunch

Ages: 6-18

Prep time: 2 hours, 20 min

Cook Time: 1 hour

Serving Size: 1 wrap

Total Servings: 50 wraps

Crediting Information: 2.0 oz eq grain, $\frac{3}{4}$ oz eq of meat alternate, $\frac{1}{8}$ cup fruit, and $1 \frac{1}{8}$ cup vegetables ($\frac{1}{2}$ cup red/orange vegetable, $\frac{1}{2}$ cup other vegetable, and $\frac{1}{8}$ cup additional vegetable)

Source: Ohio Department of Education & Workforce 2025

Ingredients	Weight	Measure
Sunflower butter	3 lbs	
Fresh ginger, grated		1 Tbsp
Cayenne pepper		1 $\frac{1}{2}$ Tbsp
Soy sauce, reduced sodium		1 $\frac{1}{2}$ cup
Apple cider vinegar		$\frac{2}{3}$ cup
Orange juice		6 cups
Sweet potatoes, washed, peeled, cubed into $\frac{1}{2}$ "	6 lbs	
Canola oil, divided in half		1 $\frac{1}{2}$ cups
Chickpeas, low sodium, canned, drained		2 cups
Tahini paste		$\frac{1}{2}$ cup
Lemon juice, fresh squeezed		$\frac{1}{4}$ cup
Garlic, minced		3 Tbsp
Cayenne pepper		1 tsp
Orange juice		1 cup
Red onions, sliced into thin rounds	4 lbs	
Apple cider vinegar		2 cups
Sugar		1 cup
Water		2 cups
Radishes, thinly sliced	3 lbs	
Olive oil		$\frac{1}{4}$ cup
Apples, Granny Smith, cut into thin slices	3 lbs	
Lemon juice, fresh squeezed		1 cup
Cold water	1 gal	

Ingredients	Weight	Measure
Cucumbers, with skin, cut into ¼” dice	4 lbs	
Peppers, any color, sliced into thin strips	4 lbs	
Matchstick carrots	2 lbs	
Olive oil		½ cup
Salt		1 Tbsp
Boston Bibb Lettuce or Romaine Lettuce, cut into ribbons		3 qt, ½ cup
Microgreens	8 oz	
Tortilla, whole grain, 10-inch		50

Directions

1. Prepare the spicy sunflower ginger sauce.
 - a) Add sunflower butter, ginger, and cayenne pepper to the food processor. Blend until smooth.
 - b) With the food processor running, slowly add soy sauce, vinegar, and orange juice.
 - c) Pour sauce into a container. Portion 50-2 oz portions into soufflé cups. Cover with lid. Refrigerate until service. CCP: Ensure cold food is held at a temperature below 41° F.
2. Prepare the sweet potato hummus.
 - a) Preheat oven to 350° F.
 - b) Toss potatoes in large bowl with half the quantity of canola oil. Place on 2 full-size sheet pans lined with parchment paper. Roast for 15-20 minutes until potatoes are soft.
 - c) While potatoes are roasting, puree chickpeas, tahini paste, lemon juice, remainder of canola, garlic, cayenne and orange juice. Remove from food processor. Keep chilled.
 - d) Remove potatoes from the oven. Place sheet pan in cooler for 30 minutes, or until they are cool enough to handle.
 - e) Puree potatoes in batches in food processor. Combine potato puree with chickpea puree until well blended. Place into 1/6 pans, cover and hold for service. CCP: Ensure cold food is held at a temperature below 41° F.
 - f) NOTE: Frozen sweet potato cubes can be used as a substitute for fresh. Same roasting time for frozen, reduce time to 15 minutes for thawed sweet potatoes.
3. Prepare pickled red onions.
 - a) In pot on stove, bring water, sugar, and vinegar to a boil until sugar is dissolved. Remove from heat and place into 1/6 pan.
 - b) Add onions and cover. Marinate overnight in the refrigerator.
 - c) Drain excess liquid off onions prior to service.
4. Prepare roasted radishes.
 - a) Preheat oven to 350° F.
 - b) Clean and slice radishes, using a thin blade on food processor. Toss with oil.
 - c) Roast on full sheet pan lined with parchment paper for 5-7 minutes, until tender. Be careful not to overcook.
 - d) Place into a 1/6 pan. Cover and chill for service. CCP: Ensure cold food is held at a temperature below 41° F.

5. Prepare tart apples and cucumbers.
 - a) Place sliced apples in large bowl with lemon juice and water. Refrigerate for 1 hour.
 - b) Pour off excess liquid and place apples into 1/6 pan for service. CCP: Ensure cold food is held at a temperature below 41° F.
 - c) Place the diced cucumbers into 1/6 pan and refrigerate. CCP: Ensure cold food is held at a temperature below 41° F.
6. Prepare bell peppers and carrots.
 - a) Preheat oven to 375° F.
 - b) In large bowl, toss sliced peppers with olive oil, salt and pepper.
 - c) Place on full sheet pan. Roast for 5-7 minutes. Remove from oven and add carrots. Stir to combine. Return pan to oven for 1-3 minutes. Remove from oven and place in 1/6 pan and chill for service. . CCP: Ensure cold food is held at a temperature below 41° F.
7. Service and assembly of wraps.
 - a) Place lettuce and microgreens into 1/6 pans.
 - b) Set up cold table in sequence of the tortilla build out. All items should be in deep 1/6 pans.
 - Tortillas – serve 1
 - Sweet potato hummus - serve 2 oz (#16 scoop) spread over tortilla
 - Apples – lay 6 slices on top of hummus in center of tortilla
 - Pepper and carrots – add 1 oz
 - Diced cucumbers – add 1 oz
 - Radishes – add ½ oz
 - Pickled red onion – add 1 oz
 - Lettuce – add 2 Tbsp
 - Microgreens – 1 ½ Tbsp
 - Serve with 1-2oz cup of spicy sunflower ginger sauce

Equipment and Tools Needed

Stove top, Oven, Food processor, grater, 50 (2 oz) souffle cups with lids, vegetable peeler, full sheet pans, 9-1/6 deep hotel pans

Notes

*See Ohio Proud on the Menu Campaign resources on purchasing locally sourced food items.

*Yield/Volume 50 Servings (About 50 burritos)

Nutrition	
1 wrap	
NUTRIENTS	AMOUNT
Calories	340
Total Fat	11g
Saturated Fat	1g
<i>Trans</i> Fat	0g
Cholesterol	0g
Sodium	593mg
Total Carbohydrate	55g
Dietary Fiber	8.5g
Total Sugars	5.5g
Includes Added Sugars	0g
Protein	7g
Vitamin D	0mcg
Calcium	163mg
Iron	3.3mg
Potassium	605mg

Sourcing Local Ingredients

Ingredient	Local Supplier
Tortillas	
Sweet potatoes	
Apples	
Peppers	
Carrots	
Cucumbers	
Radishes	
Red onions	
Lettuce	
Microgreens	