



Crunchy Vegetable Wraps

4 serving

Eat at a rainbow of vegetables to get the nutrients your body needs. This fun wrap is a great start!

- 4 Tablespoons low-fat cream cheese
- ½ teaspoon ranch seasoning mix
- 2 whole wheat tortillas
- 1/4 cup broccoli, gently rubbed under cold running water, chopped
- 1/4 cup carrots, scrubbed with clean vegetable brush under running water, grated
- ½ cup zucchini, scrubbed with clean vegetable brush under running water, cut into strips
- ¼ cup yellow summer squash, scrubbed with clean vegetable brush under running water, cut into strips
- ½ tomato, gently rubbed under cold running water, diced
- 1/8 cup green bell pepper, scrubbed with clean vegetable brush under running water, seeded and diced
- 2 Tablespoons chives, gently rubbed under cold running water, chopped fine



- 2. In a small bowl, stir ranch seasoning into cream cheese, chill.
- 3. Wash and prepare vegetables.

USDA.

- 4. Spread cream cheese mixture onto flour tortilla, staying one inch from edge.
- 5. Sprinkle vegetables and chives over cream cheese mixture. Roll tortilla tightly.
- 6. Repeat steps 4 and 5 for the second tortilla.
- 7. Chill for 1-2 hours before serving (the wrap will hold its shape better).
- 8. With a sharp knife slice into circles and serve.
- 9. Store leftovers in a sealed container in the refrigerator for up to four days.

Nutrition Information per Serving (1/2 a wrap): Calories 100, Total Fat 4g, Saturated Fat 2g, Cholesterol 10mg, Sodium 260mg, Total Carbohydrate 13g, Dietary Fiber 1g, Sugars 4g, includes 0g Added Sugars, Protein 4g, Vitamin A 6%, Vitamin D 0%, Calcium 2%, Iron 0%, Potassium 4%.

Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska-Lincoln cooperating with the Counties and the U.S. Department of

Source: MyPlate Kitchen, Connecticut Food Policy Council

This institution is an equal opportunity provider. This material was funded in part by USDA's Supplemental Nutrition Assistance Program and Expanded Food & Nutrition Education Program (EFNEP). The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-430-3244.







