

Crunchy Vegetable Wraps

4 servings



Ingredients

- 4 Tablespoons low-fat cream cheese
- ½ teaspoon ranch seasoning mix
- 2 whole wheat tortillas
- ¼ cup broccoli, gently rubbed under cold running water, chopped
- ¼ cup carrots, scrubbed with clean vegetable brush under running water, grated
- ¼ 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
- ⅓ 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

Nutrition Information: Serving Size (½ a wrap): Calories 100, Total Fat 4g, Saturated Fat 2g, Cholesterol 10mg, Sodium 260mg, Total Carbohydrates 13g, Fiber 1g, Total Sugars 4g, includes 0g Added Sugars, Protein 4g, Vitamin D 0%, Calcium 2%, Iron 0%, Potassium 4%

Instructions

1. Wash hands with soap and water.
2. In a small bowl, stir ranch seasoning into cream cheese, chill.
3. Wash and prepare vegetables.
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.

Recipe Source: MyPlate Kitchen, Connecticut Food Policy Council.

This material was funded in part by USDA's Supplemental Nutrition Assistance Program – SNAP and Expanded Food & Nutrition Education Program (EFNEP). This institution is an equal opportunity provider.

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