

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
- 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
- ⅛ 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



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 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%.

Source: MyPlate Kitchen, Connecticut Food Policy Council