

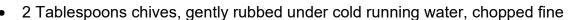


Crunchy Vegetable Wraps

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
- ¹/₂ 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
- ¹/₄ cup zucchini, scrubbed with clean vegetable brush under running water, cut into strips
- ¹/₄ cup yellow summer squash, scrubbed with clean vegetable brush under running water, cut into strips
- ½ tomato, gently rubbed under cold running water, diced
- ½ cup green bell pepper, scrubbed with clean vegetable brush under running water, seeded and diced



- 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

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.



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