



Crunchy Vegetable Wraps

4 Servings



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Ingredients:

- 4 Tbsp. low-fat cream cheese
- 1/2 tsp. ranch seasoning mix
- 2 whole wheat tortillas
- 1/4 c. broccoli, chopped
- 1/4 c. carrots, grated
- 1/4 c. zucchini, cut into strips
- 1/4 c. yellow summer squash, cut into strips
- 1/2 tomato, diced
- 1/8 c. green bell pepper, seeded and diced
- 2 Tbsp. chives, chopped fine

Directions:

1. Wash hands with soap and water.
2. In a small bowl, stir ranch seasoning into cream cheese, chill.
3. Scrub carrots, zucchini, squash, and bell pepper with clean vegetable brush under running water. Gently rub broccoli, tomato, and chives under cold running water.
4. Prepare vegetables (chop, grate, dice, etc.) as directed in the ingredients list above.
5. Spread cream cheese mixture onto tortilla, staying one inch from edge.
6. Sprinkle vegetables over cream cheese mixture. Roll tortilla tightly.
7. Repeat steps 5 and 6 for the second tortilla.
8. Chill for 1-2 hours before serving (the wrap will hold its shape better).
9. With a sharp knife slice into circles and serve.
10. Store leftovers in a sealed container in the refrigerator.

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