



RECIPE:

Crunchy Vegetable Wraps

Number of Servings: 4

Ingredients:

- 4 T. 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 T. 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, yellow summer squash, and bell pepper with a clean vegetable brush under running water. Gently rub broccoli, tomato, and chives under cold running water.
4. Prepare vegetables (chop, grate, cut, dice, etc.) as directed in the ingredients list above.
5. Spread cream cheese mixture onto flour 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.

Nutrition Info:

Nutrition Facts	
4 servings per container	
Serving size	1/2 a wrap
Amount per serving	
Calories	100
	% Daily Value*
Total Fat 4g	5%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 260mg	11%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	4%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 33mg	2%
Iron 0mg	0%
Potassium 176mg	4%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Recipe Credit: MyPlate Kitchen, Connecticut Food Policy Council