

# Veggie Scramble Wraps

From the California Dept. of Public Health and the Network for a  
Healthy California Champions for Change  
<http://www.cachampionsforchange.net/en/Recipes.php>

## **Ingredients**

- Nonstick cooking spray
- 1 cup chopped fresh or frozen vegetables (bell peppers, onions, broccoli, and mushrooms)
- 1 cup egg substitute
- 2 (6-inch) flour tortillas
- ¼ cup grated low-fat Cheddar cheese

## **Instructions**

1. Spray a medium skillet with nonstick cooking spray and heat over medium heat.
2. Cook vegetables until tender, about 5 minutes.
3. Add egg substitute and stir until thoroughly cooked, about 5 minutes.
4. Warm the tortillas in the microwave for 5 to 10 seconds.
5. Place half of the egg mixture in each tortilla and sprinkle with cheese.
6. Wrap the tortilla around the egg mixture and enjoy.

Makes 2 servings. (1 wrap per serving)

## **Nutrition information per serving:**

Calories 191  
Carbohydrate 19 g  
Dietary Fiber 4 g  
Protein 21 g  
Total Fat 4 g  
Saturated Fat 1 g  
Trans Fat 0 g  
Cholesterol 3 mg  
Sodium 537 mg