

CRUNCHY VEGETABLE WRAPS

From USDA SNAP-Ed Recipe Finder

<http://recipefinder.nal.usda.gov/>

& Connecticut Food Policy Council

<http://www.foodpc.state.ct.us/cookbook%20x1a-rev1%2012-30-07.pdf>

Ingredients

- 4 Tbsp. low-fat, whipped cream cheese
- 2 flour tortillas
- ½ tsp. ranch seasoning mix
- ¼ cup broccoli washed and chopped
- ¼ cup carrots peeled and grated
- ¼ cup zucchini washed and cut into small strips
- ¼ cup yellow summer squash washed and cut into small strips
- ½ tomato diced
- 2 Tbsp. green bell pepper seeded and diced
- 2 Tbsp. chives chopped fine

Instructions

1. In a small bowl, stir ranch seasoning into cream cheese; chill.
2. Wash and chop vegetables.
3. Steam broccoli in microwave for 1 minute with 1 tablespoon of water.
4. Spread cream cheese onto flour tortilla, staying one inch from edge. Sprinkle vegetables over cream cheese. Roll tortilla tightly.
5. Chill for 1-2 hours before serving (the wrap will hold its shape better). With a sharp knife slice into circles and serve.

Tips

- Be creative. Try different vegetables, herbs and spices. Examples- green beans, lettuce, radishes, corn; dill, oregano, basil, mint, curry or chili powder.
- You can substitute pre-made flavored cream cheeses- chive, herb or vegetable.
- Try a sweet cream cheese and add fruit to your wrap for a different twist.
- This wrap is great with soup or salad or served as a cool summer appetizer!

Makes four servings (½ tortilla each)

Cost

Per Recipe: \$ 1.25

Per Serving: \$ 0.31

Nutritional information per serving (4 servings)

Calories: 110

Cholesterol: 5mg

Protein: 4g

Calories from fat: 35

Sodium: 220mg

Vitamin A: 35%

Total fat: 4g

Total carbohydrate: 16g

Vitamin C: 30%

Saturated fat: 1.5g

Dietary fiber: 2g

Calcium: 6%

Trans fat: 0g

Sugars: 2g

Iron: 6%

Percent daily values based on a 2000 calorie diet.



Wellness Center