

Crunchy Vegetable Wraps

Makes: 4 servings (1/2 wrap each)

Ingredients

4 tablespoons cream cheese, low-fat (whipped)
2 flour tortillas
1/2 teaspoon ranch seasoning mix
1/4 cup broccoli (chopped)
1/4 cup carrot (peeled and grated)
1/4 cup zucchini (cut into small strips)
1/4 cup summer squash (cut into small strips)
1/2 tomato (diced)
1/8 cup green bell pepper (seeded and diced)
2 tablespoons chives (chopped fine)

Directions

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

Notes

- 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!

Total: \$1.31

Per Serving: \$0.33

Source: Connecticut Food Policy Council Website



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Nutrition Facts	
4 servings per container	
Serving size	1/2 wrap (94g)
Amount per serving	
Calories	80
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 14g	5%
Dietary Fiber 0g	0%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 92mg	8%
Iron 1mg	6%
Potassium 193mg	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.