RECIPE

Crunchy Vegetable Wraps

Full of fresh and colorful veggies, these wraps are easy and delicious.

Makes: 4 servings
Prep Time: 20 minutes
Cook Time: 2 hours (to chill)

Source: choosemyplate.org recipe/ crunchy vegetable wraps

Ingredients

- 4 tablespoons cream cheese, low-fat (whipped)
- 2 flour tortillas
- 1/2 tablespoon ranch seasoning mix
- 1/4 cup broccoli (washed and chopped)
- 1/4 cup carrot (peeled and grated)
- 1/4 cup zucchini (washed and cut into small strips)
- 1/4 cup summer squash (yellow, washed and 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. 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.

Small Changes, BIG Difference!

Click image to watch the recipe video

Vegetables | Grains | Dairy

Nutrition Information

Serving Size: 1/2 wrap

Nutrients	Amount
Calories:	111
Total Fat:	4 g
Saturated Fat:	1 g
Cholesterol:	5 mg
Sodium:	210 mg
Total Carbohydrates:	16 g
Dietary Fiber:	2 g
Total Sugars:	2 g
Added Sugars:	0 g
Protein	4 g

Utensils Needed

- Knife
- Cutting Board
- Spoon
- Bowl
- Microwave

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SHOPPING LIST

Average total cost without oil and seasonings: $13.46

Average cost/serving: $3.37

Recipe makes: 4 Servings (total ingredients below would make more than 4 servings, bringing average cost per serving down)

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients

- [ ]

Add 1 to Cart
Whipped Cream Cheese (8 oz)

- [ ]

Add 1 to Cart
Flour Tortillas

- [ ]

Add 1 to Cart
Ranch Salad Dressing & Seasoning Mix

- [ ]
Add 1 to Cart
Fresh Broccoli Crown (12 oz avg.)

- [ ]
Add 1 to Cart
Fresh Carrot, 1 lb

- [ ]
Add 1 to Cart
Fresh Zucchini (9 oz avg.)

- [ ]
Add 1 to Cart
Yellow Squash (9 oz avg.)

- [ ]
Add 1 to Cart
Large Tomato (8 oz avg)

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Add 1 to Cart
Green Bell Pepper (6 oz avg)

- [ ]

Add 1 to Cart
Fresh Chives, 1 package

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RECIPE LOG

My Cooking Notes

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