Veggie Wraps

Use any of your favorite seasonal veggies in this wrap. Grate, chop, or peel into thin slices before adding.

Makes: 4 servings

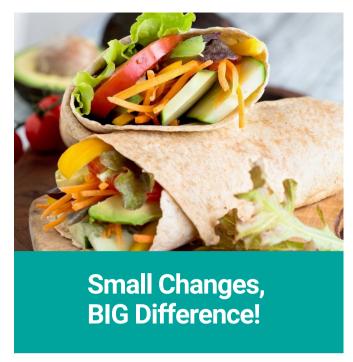
Prep Time: 15-20 minutes

Source: cookingmatters.org recipes - veggie

wraps

Ingredients

- 4 large radishes
- 1 small carrot
- 1 cup salad greens
- · 3 sprigs fresh herbs (parsley, dill, cilantro, or combination)
- 1 lemon
- 2 ounces low-fat Swiss or cheddar cheese
- 1 large, ripe avocado
- ¼ cup nonfat plain yogurt
- · 3 (8-inch) whole wheat flour tortillas









Utensils Needed

- Box grater
- **Cutting board**
- Fork
- Medium bowl
- Measuring cups
- · Sharp knife
- Small bowl
- Vegetable peeler

Directions

- 1. Scrub and rinse radishes and carrots. Rinse salad greens. Pat all veggies dry.
- 2. Use a vegetable peeler to peel radishes and carrots into long, thin strips. In a medium bowl, collect veggie strips.
- 3. Rinse herbs. Pluck leaves off stems. Tear leaves into smaller pieces.
- 4. Rinse lemon. Zest using the small holes of a box grater. Cut in half and remove seeds.
- 5. Grate cheese.
- 6. Slice avocado lengthwise. Remove pit. Scoop avocado out of shell.
- 7. In a small bowl, use a fork to mash avocado. Stir in yogurt.
- 8. Squeeze a little lemon juice onto avocado mixture. Add herbs and a pinch of lemon zest. Stir.
- 9. Warm 1 tortilla in the microwave for 30 seconds, or longer as needed.
- 10. Place the warm tortilla on a cutting board. Spread 1/8 avocado mixture over center of tortilla. Layer with 1/8 greens, 1/8 grated veggies, and 1/8 cheese. If using turkey, add 1/8 turkey now. Squeeze more lemon juice over the mixture.
- 11. Roll tortilla and toppings into a log shape. Use a knife to slice wrap into four "pinwheels."
- 12. Repeat process for the other 2 tortillas. You will end up with a total of 12 pinwheels.



SHOPPING LIST

Average total cost without oil and seasonings: \$13.95

Average cost/serving: \$3.49

Makes: 4 Servings

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 Fresh Avocado



Add 1 to Cart Nonfat Yogurt 5.3 oz



Add 1 to Cart Frozen Dill 0.75 oz



Add 1 to Cart Fresh Radish Bunch



Add 1 to Cart Fresh Lemons 2 lb Bag



Add 1 to Cart Fresh Spring Mix



Add 1 to Cart
Fresh Carrots 1 lb



Add 1 to Cart Swiss Cheese 8 oz Brick

SAVE TIME, SAVE MONEY



Add 1 to Cart Whole Wheat Tortillas 10-ct

Leftover and Storage Tips

- The lemons can be used to naturally flavor water, or make a great lemonade which can be found at snapedny.org
- Looking for something to do with the extra carrots? Check out snapedny.org! You will find many recipes such as: Rainbow Wrap, Lentil Minestrone Soup, and much more
- The extra salad greens can be stored in a plastic container in the refrigerator for up to one week. Wash and dry the greens before you put them into the container.
- Radishes can be stored in the refrigerator up to 10 days.

Nutrition Information

| Serving Size: 3 Pinwheels | |
|---------------------------|-------------|
| Nutrients | Amount |
| Calories: | 220 |
| Total Fat: | <u>11 g</u> |
| Saturated Fat: | 2.5 g |
| Cholesterol: | <u>5 mg</u> |
| Sodium: | 350 mg |
| Total Carbohydrates: | <u>25 g</u> |
| Dietary Fiber: | <u>4 g</u> |
| Total Sugars: | <u>3 g</u> |
| Added Sugars: | <u>0 g</u> |
| Protein | <u>9 g</u> |
| | |

My Cooking Notes

