

# Rainbow Wrap

This super colorful and healthy recipe is great to try with kids! Check out [this link](#) for a helpful and fun visual guide!

Makes: 8 servings (1/2 wrap each)

Source: adapted from [choosemyplate.gov/recipe/crunchy-vegetable-wrap](http://choosemyplate.gov/recipe/crunchy-vegetable-wrap)

## Ingredients

- 4 whole wheat tortilla
- 8 tablespoons ranch dressing
- 1 tomato (sliced)
- 1 yellow bell pepper (sliced)
- 1/4 cup shredded carrot
- 2 cups spinach leaves
- 1 cup shredded red cabbage

## Directions

1. Spread 2 tablespoons of ranch onto the inside of each tortilla.
2. Place 1/4 of each vegetable into the tortilla to assemble your rainbow of veggies.
3. Gently fold in the bottom and roll up your tortilla to make the wrap.
4. Cut in half to reveal the rainbow, and serve!
5. Refrigerate leftovers within 2 hours.

## Utensils Needed

- Knife
- Cutting Board
- Spoon
- Measuring Utensils



Small Changes,  
BIG Difference!

Click image to watch the recipe video



### 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

# SHOPPING LIST

Average total cost without oil and seasonings: \$15.58

Average cost/serving: \$1.95

Recipe Makes: 8 Servings (4 wraps)

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  
Whole Wheat Tortillas



Add 1 to Cart  
Carrots 1 pound bag



Add 1 to Cart  
Ranch Dressing



Add 1 to Cart  
Spinach



Add 1 to Cart  
Tomato on vine (8 oz avg)



Add 1 to Cart  
Red Cabbage (3 lb avg)



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

## SAVE TIME, SAVE MONEY

## My Cooking Notes

### Similar Recipes

- Consider trying other recipes with vegetables found on [snapedny.org](http://snapedny.org), such as:
  - Roasted Chicken and Veggies
  - Grilled Vegetable Packets
  - Pasta Salad
  - Veggie and Rice Stir Fry