

# 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](http://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

## 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.



Small Changes,  
BIG Difference!



## Utensils Needed

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

# 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



Add 1 to Cart  
Whole Wheat Tortillas 10-ct

## SAVE TIME, SAVE MONEY

### 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](http://snapedny.org)
- Looking for something to do with the extra carrots? Check out [snapedny.org](http://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	
<b>Nutrients</b>	<b>Amount</b>
Calories:	220
Total Fat:	11 g
Saturated Fat:	2.5 g
Cholesterol:	5 mg
Sodium:	350 mg
Total Carbohydrates:	25 g
Dietary Fiber:	4 g
Total Sugars:	3 g
Added Sugars:	0 g
Protein	9 g

### My Cooking Notes