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.
- 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.
- Chill for 1-2 hours before serving (the wrap will hold its shape better). With a sharp knife slice into circles and serve.



Click arrow to watch the recipe video.







Nutrition Information

Serving Size: 1/2 wrap	
Nutrients	Amoun
Calories:	111
Total Fat:	<u>4 g</u>
Saturated Fat:	<u>1 g</u>
Cholesterol:	5 mg
Sodium:	210 mg
Total Carbohydrates:	16 g
Dietary Fiber:	<u>2 g</u>
Total Sugars:	<u>2 g</u>
Added Sugars:	<u>0 g</u>
Protein	<u>4 g</u>

Utensils Needed

- Knife
- Cutting Board
- Spoon
- Bowl
- Microwave



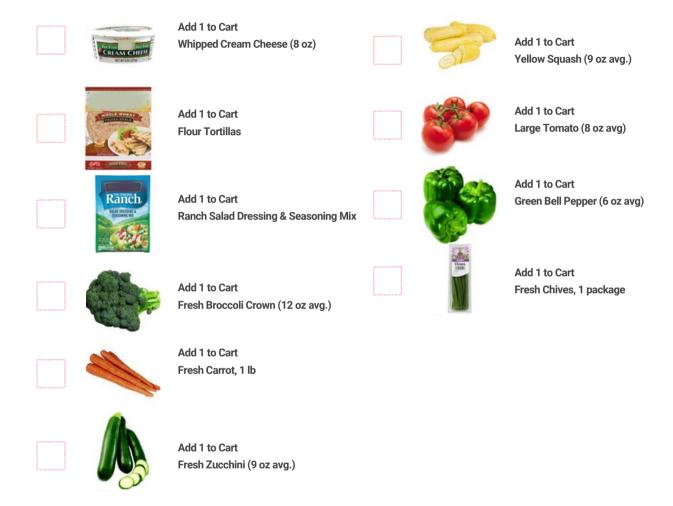
SHOPPING LIST

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





RECIPE LOG

My Cooking Notes

