

Crunchy Vegetable Wraps

Makes: 4 servings

Full of fresh and colorful veggies, these wraps are a great way to help meet your MyPlate goal of making half of your plate fruits and vegetables.

Ingredients

4 tablespoons cream cheese, low-fat (whipped)

2 flour tortillas

1/2 teaspoon 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

Nutrition Information

Nutrients	Amount
Calories	110
Total Fat	4 g
Saturated Fat	2 g
Cholesterol	5 mg
Sodium	250 mg
Total Carbohydrate	16 g
Dietary Fiber	2 g
Total Sugars	3 g
Added Sugars included	N/A
Protein	4 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	

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.

Notes

- Be creative. Try different vegetables, herbs and spices. Examples- green beans, lettuce, radishes, corn; dill, oregano, basil, mint, curry or chili powder.
- You can substitute pre-made flavored cream cheeses- chive, herb or vegetable.
- Try a sweet cream cheese and add fruit to your wrap for a different twist.
- This wrap is great with soup or salad or served as a cool summer appetizer!

Learn more about:

- [Bell Peppers](#)
- [Tomatoes](#)
- [Zucchini/Summer Squash](#)
- [Carrots](#)
- [Broccoli](#)

Source: Connecticut Food Policy Council, Visit Website