



May 16- Crunchy Vegetable Wraps

Smart Snack

Link: <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/crunchy-vegetable-wraps>

Recipe

Ingredients:

- 4 Tablespoons cream cheese, low-fat
- ½ teaspoon ranch seasoning mix
- 2 flour tortillas
- ¼ cup broccoli (washed and chopped)
- ¼ cup carrot (peeled and grated)
- ¼ cup zucchini (washed and cut into small strips)
- 2 Tablespoons chopped onion
- 1 teaspoon chili powder
- ½ cup cheese (shredded)
- ¼ cup summer squash (washed and cut into small strips)
- ½ tomato (diced)
- 2 Tablespoons 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 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.

Yield 4 servings

Nutrition Facts	
Serving Size 1/2 tortilla (111.75g)	
Servings Per Container 4	
Amount Per Serving	
Calories 160	Calories from Fat 70
% Daily Value*	
Total Fat 8g	13%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 330mg	14%
Total Carbohydrate 13g	4%
Dietary Fiber 2g	7%
Sugars 3g	
Protein 7g	14%
Vitamin A 45%	Vitamin C 35%
Calcium 15%	Iron 6%
* Percent Daily Values are based on a 2,000 calorie diet.	