

Crunchy Vegetable Wraps

Yield 4 servings

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)
2 tablespoons	green bell pepper (seeded and diced)
2 tablespoons	chives (chopped fine)

Instructions

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.

Cost

Per recipe: \$2.33

Per serving: \$0.58

Source

Connecticut Food Policy Council, [Visit Website](#)

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

Nutrition Facts	
Serving Size 1/2 tortilla each (94g)	
Servings Per Container 4	
Amount Per Serving	
Calories 110	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 250mg	10%
Total Carbohydrate 16g	5%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 4g	
Vitamin A 35%	• Vitamin C 30%
Calcium 6%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

fruit to your wrap for a different twist.

- This wrap is great with soup or salad or served as a cool summer appetizer!