

Crunchy Vegetable Wraps



Ingredients:

- 4 tablespoons low-fat whipped cream cheese
- 2 flour tortillas
- ½ teaspoon ranch seasoning mix
- ¼ cup chopped broccoli
- ¼ cup peeled and grated carrots
- ¼ cup zucchini, cut into small strips
- ¼ cup yellow summer squash, cut into small strips
- ½ cup diced tomatoes
- 2 tablespoons diced green bell pepper
- 2 tablespoons finely chopped chives

Preparation:

1. In a small bowl, stir ranch seasoning into cream cheese and 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 the edge.
5. Sprinkle vegetables over cream cheese and roll tortilla tightly.
6. Chill for 1-2 hours before serving (the wrap will hold its shape better). With a sharp knife, slice into circles and serve.

Yields 4 (½ tortilla) servings

Nutritional Information Per Serving:

110 calories, 4 g protein, 16 g carbohydrate (2 g fiber), 4 g fat, 5 mg cholesterol, 220 mg sodium

Source: U.S. Department of Agriculture

Dining Smart Community is a program of UPMC Health Plan that supports healthy dining options in the workplace and the community.
Learn more at www.upmchealthplan.com/dscommunity.

