

## Garden Vegetable Wrap

### Ingredients:

- 2 carrots, shredded
- 1 tomato, diced
- 1 small green pepper, chopped
- 2 ounces cheddar cheese, low-fat, shredded
- 1 cup spinach leaves, whole, fresh, chopped
- 4 tortillas, whole wheat 96% fat free
- 2 ounces low calorie cream cheese

### Equipment:

- Cutting Board
- Knife
- Toothpicks
- Number of Servings: 4
- Preparation Time: 15 minutes
- Total time: 15 minutes

### Directions

1. Wash all vegetables. Use a grater to shred carrots into small pieces. Set aside.
2. Cut tomato in half down through the core. Use a paring knife to cut out the core. Place the tomato cut-side down on the cutting board and cut into 1/4 inch slices. Turn one quarter and cut the tomato again in the other direction to make a large dice. Set aside.
3. Slice off the top of the green pepper to remove the stem. Cut off the bottom and reserve the trimmed ends. Set the pepper up on one end and make one vertical cut to open the pepper. Remove the core, seeds, and membranes. Slice into 1/2 inch strips and then turn and cut into dice. Remove the stem from the top. Chop the useful ends you cut off.
4. Use a grater to shred cheese and set aside. Wash spinach, and remove stems. Set aside.
5. Spread cream cheese over each tortilla. Top with spinach, tomato, carrot and pepper. Top with cheese. Roll up tightly and secure with tooth pick. Can be microwaved or toasted.

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### Nutrition Facts

Serving Size: 1 wrap	
Servings: 4	
Amount Per Serving	
<b>Calories 229</b>	Calories from Fat 54
%Daily Value*	
<b>Total Fat 6g</b>	<b>10%</b>
Saturated Fat 3g	Value*
<b>Cholesterol 11mg</b>	<b>4%</b>
<b>Potassium 312mg</b>	<b>9%</b>
<b>Sodium 587mg</b>	<b>24%</b>
<b>Total Carbohydrate 35g</b>	<b>12%</b>
Dietary Fiber 4g	17%
<b>Protein 10g</b>	<b>20%</b>
Vitamin A 223%	Vitamin C 63%
Iron 11%	Calcium 12%

\*Percent Daily Values are based on a 2,000 calorie diet.

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