

Garden Vegetable Wrap

Ingredients:

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

Equipment:

- Cutting Board
- Knife
- Grater
- Measuring cups
- Toothpicks

Number of Servings: 4
 Prep Time: 10 minutes
 Total Time: 10 minutes

Directions

1. Wash spinach and place on cutting board. Tear off hard stems and cut leaves into pieces. Set aside.
2. Wash carrots. Use a grater to shred carrots into small pieces, add to medium bowl.
3. Cut green pepper in half and remove the stem and the seeds. Chop into small pieces. Set aside.
4. Wash tomato. Cut in half through the core. Use a paring knife to remove core. With flat side down, slice into strips keeping the tomato together. Turn ¼ and slice again to dice.
5. Shred cheese into small pieces with grater.
6. Spread cream cheese over each tortilla.
7. Top with spinach, tomato, carrot and pepper.
8. Top with cheese.
9. Roll up tightly and secure with tooth pick. Can be micro-waved or toasted.

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Nutrition Facts

Serving Size: 1 prepared wrap	
Servings: 4	
Amount Per Serving	
Calories 412	Calories from Fat 54
	%Daily Value*
Total Fat 6g	10%
Saturated Fat 3g	14%
Cholesterol 11mg	4%
Sodium 587mg	24%
Total Carbohydrate 33g	11%
Dietary Fiber 4g	15%
Protein 10g	20%
Vitamin A 223%	Vitamin C 61%
Iron 11%	Calcium 12%
*Percent Daily Values are based on a 2,000 calorie diet.	

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