

Veggie Wraps



Total Time: 15 m

INGREDIENTS:

- 4 large radishes
- 1 small carrot
- 1 cup salad greens
- 3 sprigs fresh herbs (use your favorite, like parsley, dill or cilantro)
- 1 lemon, zested and juiced
- 1/4 cup low-fat Swiss or cheddar cheese, grated
- 1 large, ripe avocado, mashed
- 1/4 cup nonfat plain yogurt
- 3 (8-inch) whole wheat flour tortillas
- **OPTIONAL:** 5 ounces thinly sliced roasted turkey

EQUIPMENT NEEDED:

- Grater/zester
- Fork
- Knife
- Cutting board
- Small bowl
- Medium bowl
- Measuring cups
- Vegetable peeler

Wash your hands with soap and water, then gather all your equipment and ingredients and put them on a counter.

DIRECTIONS:

1. Rinse and dry all vegetables/lettuce/herbs.
2. Use a vegetable peeler to peel radishes and carrot into thin strips.
3. Remove herbs from stems. Tear or chop into smaller pieces.
4. Depending on the size of the salad greens you are using, tear or chop into small pieces.
5. Zest the lemon. Cut in half and squeeze juice from both halves into a small bowl. Discard seeds.
6. Slice avocado lengthwise. Remove pit. Scoop avocado out of shell, set aside in small bowl.
7. Grate cheese or measure 1/4 cup of shredded cheddar cheese.
8. In the small bowl, use a fork to mash avocado.
9. Stir 1/4 cup of yogurt with the avocado.
10. Add a little lemon juice, herbs and a pinch of lemon zest. Stir to combine.
11. Warm 1 tortilla in the microwave for 30 seconds, or longer as needed.
12. Place the warm tortilla on a cutting board. Spread 1/3 of the avocado mixture over center of tortilla.
13. Layer evenly with 1/3 salad greens, 1/3 veggies and 1/3 cheese. If using turkey, add 1/3 turkey now.
14. Roll tortilla and toppings into a log shape. Use a knife to slice wrap into four "pinwheels."
15. Repeat process for the other 2 tortillas. You will end up with a total of 12 pinwheels.
16. Refrigerate leftovers within 2 hours.

NOTES:

- You can substitute any of your favorite seasonal veggies in this wrap. Grate, chop or peel into thin slices before adding.



NUTRITION FACTS

Serving size 146g
Calories 210

Amount per serving	% Daily Value*
Total Fat 12g	15%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 240mg	10%
Total Carbohydrate 22g	8%
Dietary Fiber 6g	21%
Total Sugars 3g	
Includes 1g Added Sugars	2%

Protein 6g	
Vitamin D 0mcg	0%
Calcium 108mg	8%
Iron 1mg	6%
Potassium 461mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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