## **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 nonfat
- 1/4 cup low-fat Swiss or cheddar cheese, grated
- 1 large, ripe avocado, mashed
- plain yogurt
- 3 (8-inch) whole wheat flour tortillas
- OPTIONAL: 5 ounces thinly sliced roasted turkey

EQUIPMENT NEEDED:

**DIRECTIONS:** 

- Grater/zester
- Fork
- Knife

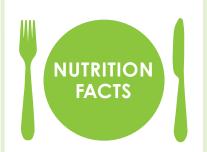
- Cutting board
- Small bowl
- Medium bowl
- Measuring cups
- Vegetable peeler

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

- 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.



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



Serving size	146g
Calories	210

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

<b>Protein</b> 6g	
Vitamin D 0mcg	0%
Calcium 108mg	8%
Iron 1mg	6%
Potassium 461 ma	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 aeneral nutrition advice.





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Potassium 461mg