



Veggie Tortilla Roll-Ups

Enjoy fresh veggies and flavored cream cheese in an easy-to-eat wrap! Cut into thick slices and serve as a snack.

Makes 4 servings. 1 tortilla roll per serving.

Prep time: 20 minutes

Ingredients

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| 4 (7-inch) whole wheat tortillas | ½ cup chopped bell pepper (red, green, orange, yellow, or a mixture) |
| 8 tablespoons (½ cup) nonfat cream cheese | ½ cup chopped cucumber |
| 2 cups shredded romaine lettuce or fresh chopped spinach | ¼ cup diced canned green chiles |
| 1 cup chopped tomato | ¼ cup sliced ripe olives, drained |

Preparation

1. Spread each tortilla with 2 tablespoons of cream cheese.
2. Top with equal amounts of vegetables.
3. Roll up tightly to enclose filling and serve.

Nutrition information per serving: Calories 128, Carbohydrate 20 g, Dietary Fiber 4 g, Protein 8 g, Total Fat 2 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 427 mg