

## Crunchy Veggie Wraps

Vegetable wraps make a healthy, fast lunch or snack.  
Substitute your favorite vegetables or dressing.

### Ingredients:

- 8 large lettuce leaves
- 1 yellow bell pepper, thinly sliced
- 1 cucumber, peeled and chopped
- 1 cup carrot, peeled and grated
- ½ cup golden raisins
- 4 Tbl salad dressing or BBQ sauce
- 4 whole wheat tortillas
- salt & pepper, to taste

### Preparation:

- Under cold running water, wash lettuce leaves and drain on a paper towel.
- In a large bowl, combine the sliced bell pepper, cucumber, carrot and raisins. Set aside.
- **On each tortilla, spread evenly 1 Tbl of either salad dressing or BBQ sauce. Next, place 2 lettuce leaves on each tortilla.**
- **Spoon bell pepper mixture evenly over lettuce leaves. Add salt and pepper, if desired. Roll up tortilla and enjoy!**