



Cornell University
Cooperative Extension
Monroe County

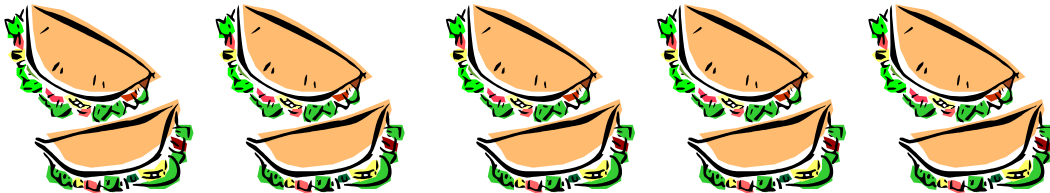
SUPER VEGGIE WRAPS

Makes 4 Wraps

- $\frac{1}{2}$ cup shredded carrots
- $\frac{1}{2}$ chopped red or green bell peppers
- 1 cup lettuce
- 4 Tbsp. low fat cream cheese
- 4 (6-in.) whole wheat tortillas



Spread 1 Tbsp. of cream cheese on each tortilla. Add the vegetables, roll tight, and cut each wrap in half.



Calories	185
Calories from fat	52
Total fat (g)	5.8
Protein (g)	6
Total carbohydrate (g)	27
Fiber (g)	2