



## Ingredients



# Crunchy Rainbow Wraps

Adapted from *Cooking Matters*



- 1 small carrot, cut into strips
- 1 cucumber, cut into strips
- 2 cups spinach
- 2 tomatoes, sliced
- 2 bell peppers, sliced into strips
- Optional: 1 tsp herbs (parsley, dill and cilantro)
- 2 ounces low-fat cheese
- 1/4 cup of nonfat yogurt
- 4 whole wheat tortillas
- 1 lemon



## Directions



Yield: 4 wraps Serving size: 1 wrap

1. Wash all vegetables, peeling any vegetables that need to be peeled.
2. Cut vegetables into strips.
3. Rinse herbs and tear into small pieces.
4. Rinse lemon. Cut in half to remove seeds. Juice lemon.
5. Mix yogurt, lemon juice and herbs together.
6. Spread the yogurt mixture onto tortilla, layer with greens, vegetables and cheese.
7. Roll tortilla and toppings into a log shape. Cut into four pinwheels.

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



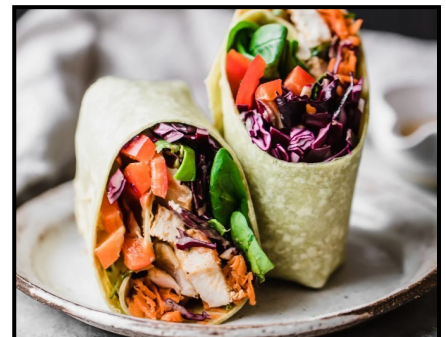
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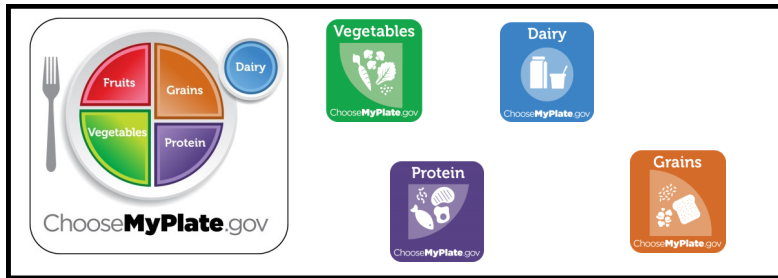
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# Fast Facts



## Featured Food Groups



## Cooking Tips



- Have other veggies on hand? Add the ones you like!
- Mix it up with another spread for the base of the wrap.

<b>Nutrition Facts</b>	
4 servings per container	
<b>Serving size</b>	<b>3 pinwheels</b>
Amount Per Serving	
<b>Calories</b>	<b>220</b>
	% Daily Value*
<b>Total Fat</b> 10g	<b>13%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 320mg	<b>14%</b>
<b>Total Carbohydrate</b> 28g	<b>10%</b>
Dietary Fiber 6g	<b>21%</b>
Total Sugars 5g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 9g	<b>18%</b>
Vitamin D 0mcg	0%
Calcium 390mg	30%
Iron 1.44mg	8%
Potassium 282mg	6%

\*The % Daily Value (DV) 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.

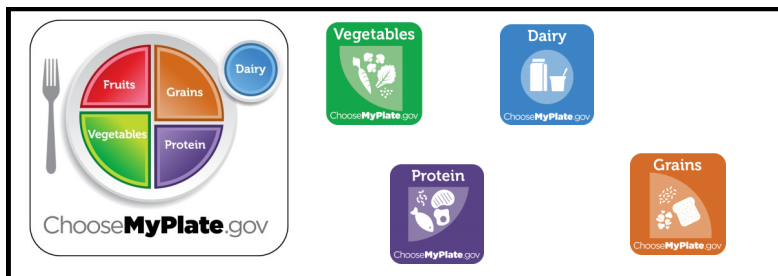
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