



Crunchy Rainbow Wraps

Cooking Matters



Ingredients

- 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
- Yield: 4
Serving Size: 4 wraps



Directions



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

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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Fast Facts



Featured Food Groups



Nutrition Facts



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

Cooking Tips



- Add in different veggies that you have in your fridge.
- Add meat
- Different spreads or low-fat ranch
- Add fruits

Second Harvest is an equal opportunity provider.



Fast Facts



Featured Food Groups

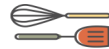


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