CREAM CHEESE VEGGIE ROLL UPS

INGREDIENTS

- 1 whole wheat tortilla
- 2 tablespoons nonfat cream cheese
- 2 tablespoons cucumber
- 2 tablespoons bell pepper
- 2 tablespoons tomato
- 1/2 cup lettuce
- any other vegetable of choice!

NUTRITION FACTS

Calories.....170
Carbohydrates.....23 g
Protein.....6 g
Total Fat.....7 g
Saturated Fat.....3 g
Trans Fat.....0 g
Cholesterol.....10 mg
Fiber.....5 g
Total Sugar.....4 g
Sodium.....310 mg
Calcium.....133 mg
Folate.....80 mcg
Iron.....1 mg

PROCEDURE

01 Spread cream cheese on a tortilla to cover the surface.

02 Cut all the vegetables to desired size and shape.

03 Place cut vegetables on the cream cheese.

04 Roll up the tortilla and cut into bite size pieces.

Maricopa County Department of Public Health

AZ HEALTH ZONE

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