

Crunchy Vegetable Wraps



Cooking with

Kids!

Your kids might have fun with helping to add the ingredients onto the tortillas and trying to roll them up!

Additional Notes

Extra tips!

You can get creative with it! Try different vegetables, herbs, and spices. You can also use pre-made flavored cream cheese like chive and herb or vegetable. Try a sweet cream cheese and add fruit to your wrap for a fun twist!

This wrap is great with soup or salad or served as a cool summer appetizer.

Add sliced deli meat to your wrap for protein to make it a meal!

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Utah State University Extension

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Ingredients

- 4 Tbsp low-fat cream cheese
- 1/2 tsp ranch seasoning mix packet
- 2 whole wheat tortillas
- 1/4 cup broccoli (washed and chopped)
- 1/4 cup carrots (peeled and shredded)
- 1/4 cup zucchini (washed and chopped)
- 1/4 cup yellow squash (washed and chopped)

Instructions

1. In a small bowl, mix the cream cheese and ranch seasoning.
2. Wash and chop the vegetables
3. Steam broccoli for 1 minute with 1 Tbsp of water (optional)
4. Spread cream cheese onto tortilla
5. Sprinkle vegetables over the cream cheese
6. Roll tortilla tightly
7. Chill for 1-2 hours before serving
8. With a sharp knife, slice into pinwheels and serve.