

Vegetable Cheese Wraps

Ingredients:

4	4	6-inch (15 cm) whole wheat tortillas
25 mL	2 tbsp	low-fat cream cheese, softened
125 mL	½ cup	shredded cheddar cheese
125 mL	½ cup	red pepper, cut into strips
125 mL	½ cup	orange or yellow pepper, cut into strips
250 mL	1 cup	dark green lettuce (e.g. romaine)

Preparation:

1. Divide cream cheese evenly among tortillas and spread using a butter knife or spreader. Top with shredded cheese.
2. Slice peppers into long strips with a knife and cutting board. Arrange on tortilla. Top with lettuce.
3. Roll up tortillas. Place seam side down, one at a time, on a plate.

Makes 4 wraps

Preparation Time: about 10 minutes

Equipment:

- knife and cutting board
- grater
- butter knife or spreader

Canada's Food Guide Servings:

1 wrap is 1 GRAIN PRODUCTS serving,
1 VEGETABLES AND FRUIT serving and
½ MILK AND ALTERNATIVES serving

