



CRUNCHY VEGETABLE WRAP



0hr 15min



2-4

INGREDIENTS

- Whole-Wheat Tortilla
- 1/4 cup Carrots, sliced
- 1/4 cup Bell pepper, sliced
- 1/4 cup Tomato, diced (optional)
- 4 tablespoons, cream cheese
- 1/2 tsp. ranch seasoning mix

DIRECTIONS

1. In a small bowl, stir ranch seasoning into cream cheese and chill until ready to use.
2. Wash and chop vegetables.
3. Spread cream cheese onto flour tortilla, staying one inch from the edge. Sprinkle vegetables over cream cheese. Roll tortilla tightly.
4. Chill for 1-2 hours before serving.

Recipe source: <https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/crunchy-vegetable-wraps>