



Fresh Veggie Wraps

Color your snack amazing with this easy-to-make wrap.

Ages: 3–5 years

Prep time: 20 minutes

Makes: 6 servings

Cook time: 0 minutes

the INGREDIENTS

2 Tbsp tomatoes, diced, canned, low-sodium, drained

1 Tbsp cream cheese, reduced-fat

3 tortillas, whole-wheat (8" across, at least 42 g or 1½ oz each)

1½ cups romaine lettuce, fresh, chopped (gently wash lettuce under running water before cutting)

¾ cup red bell peppers, fresh, ¼" strips (gently wash bell peppers under running water before cutting)

1½ cups cucumbers, fresh, unpeeled, ¼" sliced (gently wash cucumbers under running water before cutting)

the DIRECTIONS

1. Wash hands with soap and water for at least 20 seconds.
2. In a small bowl, combine tomatoes and cream cheese. Use a fork to combine (see notes).
3. Spread 1 Tbsp tomato cream cheese mixture in the middle of each tortilla.
4. Top tomato cream cheese mixture with ½ cup romaine lettuce, ¼ cup bell pepper strips (6–8), and ½ cup cucumber slices (4).
5. Roll into an open wrap.
6. Place seam-side down on a cutting board and cut in half.
7. Serve 1 half. Serve immediately, or keep cold at 40 °F or lower.

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NUTRITION INFORMATION

1 half Fresh Veggie Wrap

Nutrients	Amount
Calories	77
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Total Fat	2 g
Saturated Fat	1 g
Cholesterol	1 mg
Sodium	162 mg
Total Carbohydrate	13 g
Dietary Fiber	3 g
Total Sugars	2 g
Includes Added Sugars	N/A
Protein	3 g
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Vitamin D	N/A
Calcium	24 mg
Iron	0 mg
Potassium	N/A


N/A = Data not available

Source: Team Nutrition CACFP Easy Recipe Project

[TeamNutrition.USDA.gov](https://www.teamnutrition.usda.gov)


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CACFP CREDITING INFORMATION

½ cup vegetable
 ¾ oz eq grains 

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CHEF TIPS

- **Contains milk (cream cheese) and wheat (tortillas).** Tortillas can be a hidden source of common allergens which include, milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- Sesame can appear as an ingredient in foods where it might not be expected (tortillas) and may be included in ingredient statements as “spice” or “flavoring.”
- If preparing in advance, store tomato cream cheese mixture and vegetables in separate airtight containers at 40 °F or lower until ready to assemble wraps.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.