



Fresh Veggie Wraps

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

Ages: 6–18 years

Makes: 6 servings

Prep time: 20 minutes

Cook time: 0 minutes

the INGREDIENTS

¼ cup tomatoes, diced, canned, low-sodium, drained

2 Tbsp cream cheese, reduced-fat

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

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

1 cup + 2 Tbsp red bell peppers, fresh, ¼" strips (gently wash bell peppers under running water before cutting)

2¼ 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, 3 Tbsp bell pepper strips (5–6), and ¼ cup + 2 Tbsp cucumber slices (3).
5. Roll into an open wrap.
6. Place seam-side down on a cutting board and cut in half.
7. Serve 2 halves. Serve immediately, or keep cold at 40 °F or lower.

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NUTRITION INFORMATION

2 halves Fresh Veggie Wrap

Nutrients	Amount
Calories	149
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Total Fat	4 g
Saturated Fat	1 g
Cholesterol	2 mg
Sodium	288 mg
Total Carbohydrate	24 g
Dietary Fiber	5 g
Total Sugars	2 g
Includes Added Sugars	N/A
Protein	6 g
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Vitamin D	N/A
Calcium	44 mg
Iron	1 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

$\frac{3}{4}$ cup vegetable
 1 $\frac{1}{2}$ 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.