




Fresh Veggie Wraps

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

AGES: 6–18 years
PREP TIME: 2 hours
COOK TIME: 0 minutes

CACFP CREDITING INFORMATION

$\frac{3}{4}$ cup vegetable
1 $\frac{1}{2}$ oz eq grains 

SOURCE

Team Nutrition CACFP Easy Recipe Project
TeamNutrition.USDA.gov

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					1 Wash hands with soap and water for at least 20 seconds.
Tomatoes, diced, canned, low-sodium, drained	9 oz	1 cup + 1 Tbsp	1 lb 2 oz	2 cups + 2 Tbsp	2 In a small bowl, combine tomatoes and cream cheese. Use a hand or stand mixer to combine (see notes).
Cream cheese, reduced-fat	4 oz	$\frac{1}{2}$ cup	8 oz	1 cup	
Tortillas, whole-wheat (8" across, at least 42 g or 1 $\frac{1}{2}$ oz each)	37 $\frac{1}{2}$ oz (at least 525 g)	25 each	75 oz (at least 1050 g)	50 each	3 Spread 1 Tbsp tomato cream cheese mixture in the middle of each tortilla.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Romaine lettuce, fresh, chopped* (gently wash lettuce under running water before cutting)	1 lb 10 oz	3 qt + ½ cup	3 lb 4 oz	1 gal + 2 qt + 1 cup	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).
Red bell peppers, fresh, ¼" strips* (gently wash peppers under running water before cutting)	1 lb 6 oz	1 qt + ¾ cup	2 lb 12 oz	2 qt + 1½ cups	
Cucumbers, fresh, unpeeled, ¼" sliced* (gently wash cucumbers under running water before cutting)	3 lb 2 oz	2 qt + 1½ cups	6 lb 4 oz	1 gal + 3 cups	
					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.

*See Marketing Guide



NUTRITION INFORMATION

2 halves Fresh Veggie Wraps


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

***MARKETING GUIDE**

Food as Purchased for	25 Servings	50 Servings
Cucumbers, fresh	3 lb 3 oz	6 lb 6 oz
Red bell peppers, fresh	1 lb 11½ oz	3 lb 7 oz
Romaine lettuce, fresh	2 lb 9 oz	5 lb 1½ oz

NOTES

- **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.

WEIGHT/YIELDS

25 Servings	50 Servings
9 lb 1⅓ oz	18 lb 2⅔ oz
25 Fresh Veggie Wraps	50 Fresh Veggie Wraps