

Veggie Wraps

Lynn Fredericks • Family Cook Productions

Serves 4, 3 pinwheels each

Prep time: 15 minutes • Cook time: None



Ingredients

4 large radishes
1 small carrot
1 cup salad greens
3 sprigs fresh herbs (parsley, dill, cilantro, or combination)
1 lemon
2 ounces low-fat Swiss or cheddar cheese
1 large, ripe avocado
¼ cup nonfat plain yogurt
3 (8-inch) whole wheat flour tortillas

Optional Ingredients

5 ounces thinly sliced roasted turkey

Materials

Box grater • Cutting board
• Fork • Medium bowl •
Measuring cups • Sharp knife •
Small bowl • Vegetable peeler

Directions

👉 = Have kids help with the steps marked with the “little helping hand”!

- 👉 1. Scrub and rinse radishes and carrots. Rinse salad greens. Pat all veggies dry.
2. Use a vegetable peeler to peel radishes and carrots into long, thin strips. In a medium bowl, collect veggie strips.
- 👉 3. Rinse herbs. Pluck leaves off stems. Tear leaves into smaller pieces.
- 👉 4. Rinse lemon. Zest using the small holes of a box grater. Cut in half and remove seeds.
- 👉 5. Grate cheese.
6. Slice avocado lengthwise. Remove pit. Scoop avocado out of shell.
- 👉 7. In a small bowl, use a fork to mash avocado. Stir in yogurt.
- 👉 8. Squeeze a little lemon juice onto avocado mixture. Add herbs and a pinch of lemon zest. Stir.
- 👉 9. Warm 1 tortilla in the microwave for 30 seconds, or longer as needed.
- 👉 10. Place the warm tortilla on a cutting board. Spread ½ avocado mixture over center of tortilla. Layer with ½ greens, ½ grated veggies, and ½ cheese. If using turkey, add ½ turkey now. Squeeze more lemon juice over the mixture.
- 👉 11. Roll tortilla and toppings into a log shape. Use a knife to slice wrap into four “pinwheels.”
- 👉 12. Repeat process for the other 2 tortillas. You will end up with a total of 12 pinwheels.

Nutrition Facts

Serving Size 3 pinwheels
Servings Per Recipe 4

Amount Per Serving

Calories 220 Calories from Fat 100

% Daily Value*

Total Fat 11g 14%

Saturated Fat 2.5g 13%

Trans Fat 0g

Cholesterol 5mg 2%

Sodium 350mg 15%

Total Carbohydrate 25g 9%

Dietary Fiber 4g 14%

Sugars 3g

Protein 9g

Vitamin A 50% • Vitamin C 25%

Calcium 10% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Chef's Notes

- Use any of your favorite seasonal veggies in this wrap. Grate, chop, or peel into thin slices before adding.
- Use 1 cup homemade guacamole in place of avocado.

Make Food Fun! – Veggie Wraps

Easy and fast tips for making food fun for kids.



Serve open faced, arranging the veggies in a design or face.

Tips and Tricks:

To keep tortillas longer, store them in the fridge or even the freezer. That way you'll always have them available to make a quick snack, lunch, or dinner.

Tips and Tricks:

To serve the veggie wraps toasted, warm in a pan on the stovetop or place them under the broiler. Just make sure to watch them as they will cook quickly.



Arrange veggies in a pattern to create a rainbow or colorful display when served.

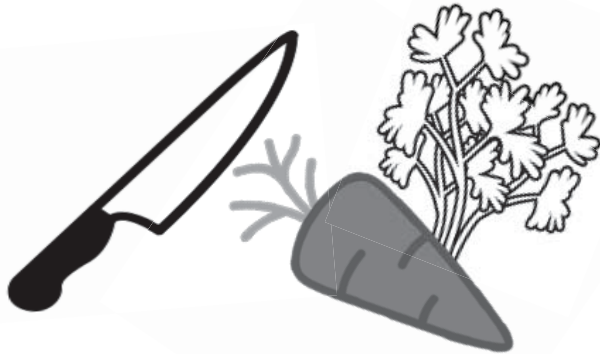


Serve as "sushi" or pinwheels.

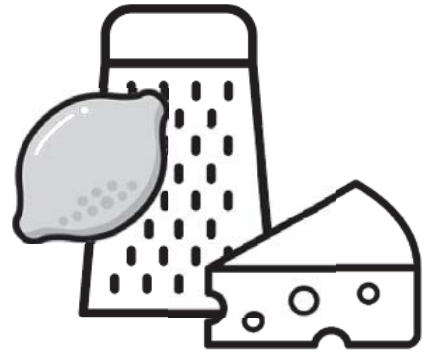
Tips and Tricks:

Talk about quick and easy! Veggie wraps don't require any cooking and can be made in advance for grab-n-go lunches or dinner.

Follow-Along Recipe – Veggie Wraps



Prep the veggies



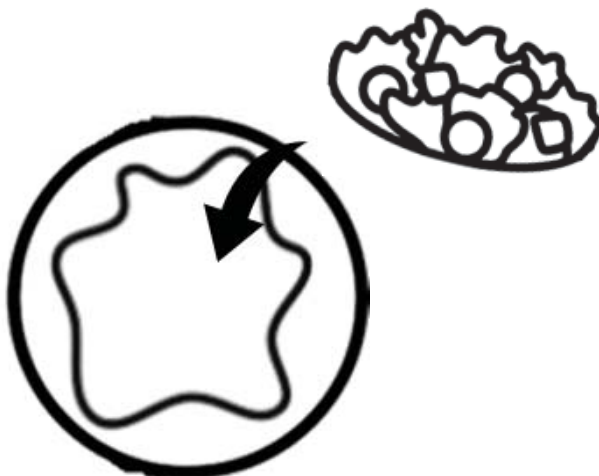
Grate the cheese
and zest the lemon



Scoop avocado into a bowl...



...add herbs, lemon juice
and zest, and yogurt.



Spread avocado mix on tortillas
and top with veggies



Roll up and enjoy!