

Veggie Wraps

Serves 4, 3 pinwheels per serving

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*



Directions

1. Scrub and rinse radishes and carrot. Rinse salad greens. Pat all veggies dry.
2. Use a vegetable peeler to peel radishes and carrot 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 ⅓ avocado mixture over center of tortilla. Layer with ⅓ greens, ⅓ grated veggies, and ⅓ cheese. If using turkey, add ⅓ 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 guacamole in place of avocado.