



# Veggie Roll Ups

Servings 2 | Prep time 10 mins. | Total time 10 mins.

## Equipment:

Cutting board  
Can opener  
Frying pan  
Plate to hold vegetables

## Utensils:

Butter knife  
Sharp knife  
Measuring cups and spoons

## Ingredients

1 whole wheat tortilla  
2 tablespoons reduced fat cream cheese,  
softened to room temperature  
1 teaspoon onion powder OR Celebrate Your  
Plate Italian Seasoning  
1 1/2 cup fresh vegetables (spinach, tomatoes,  
carrots, cucumbers, etc.), thinly sliced or grated  
1/4 cup reduced fat cheese, shredded  
1 tablespoon fresh herbs (parsley, dill, cilantro,  
etc.)

## Instructions

1. Before you begin, wash your hands, surfaces, utensils, produce, and fresh herbs (if using).
2. Using butter knife, spread cream cheese in an even layer to the edges of the tortilla.
3. Evenly sprinkle seasoning and vegetables on top of the cream cheese and top with shredded cheese.
4. Starting at one side of the tortilla, tightly roll the tortilla.
5. Using a sharp knife, slice the rolled tortilla into 1-inch rounds.

## Nutritional Information:

Calories 170  
Total Fat 7g  
Sodium 340mg  
Total Carbs 20g  
Protein 8g