



Veggie Roll Ups

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

Equipment: Blender

Utensils: Measuring cups and spoons

Ingredients

- 1 8-inch whole wheat tortilla
- 2 tablespoons reduced fat cream cheese, at room temperature
- 1 teaspoon onion powder OR Italian seasoning
- 1 ½ cup fresh vegetables (chopped spinach or tomatoes, grated carrots, thinly sliced cucumbers, etc.)
- 1/4 cup reduced-fat shredded cheese, any type
- 1 tablespoon fresh herbs, any type (parsley, dill, cilantro, etc.)

Instructions

1. Before you begin, wash your hands, surfaces, utensils and vegetables and fresh herbs, if using.
2. 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. Slice the rolled tortilla into 1-inch rounds.

Nutritional Information:

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