



Tortilla Roll-up

INGREDIENTS

- 4 (7 inch) whole wheat tortillas
- 8 tablespoons fat-free cream cheese
- 2 cups shredded romaine lettuce or fresh spinach
- 1 cup diced tomato
- 1/2 cup chopped bell pepper
- 1/2 cup chopped cucumber
- 1/4 cup canned diced green chiles
- 1/4 cup sliced ripe olives, drained

PREPARATION

1. Spread each tortilla with 2 tablespoons cream cheese.
2. Top each tortilla with lettuce, tomato, bell pepper, cucumber, chiles and olives. Divide the ingredients so that each tortilla gets about the same amount.
3. Roll each tortilla. Serve.

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NUTRITIONAL INFORMATION PER SERVING

Makes 4 servings.

One serving (1 tortilla wrap) contains:

140 calories

2.5 grams of fat

5 grams of fiber

49% of Daily Value of Vitamin A

52% of Daily Value of Vitamin C

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www.idph.state.ia.us/pickabetersnack

*Recipe from California Children's 5 a Day-Power Play!
Campaign.*

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