

Recipes

Rainbow Veggie Wraps

Serves: 4

Yield: 4 Servings

Prep Time: 20 Minutes

Cook Time: 0 Minutes

Ingredients

- 4 (8 inch) multigrain tortillas or wraps
- 1 cup hummus
- 2 ounces thinly sliced Cheddar cheese
- 1 1/3 cups baby spinach
- 1 cup sliced red bell pepper
- 1 cup broccoli sprouts
- 1 cup thinly shredded red cabbage
- 1 cup sliced carrots
- Green goddess dressing for serving (optional)



Photo courtesy of <https://www.eatingwell.com/recipe/272728/rainbow-veggie-wraps/>

How To Make It

1. Spread each tortilla with $\frac{1}{4}$ cup hummus. Top each with one-fourth of the Cheddar, spinach, bell pepper, sprouts, cabbage and carrots. Roll up each wrap.
2. Slice the wraps into 1-inch rounds. Serve with dressing for dipping, if desired.

Nutrition Facts

Servings Per Recipe: 4

Serving Size: 1 Wrap

Calories: 312

	% Daily Value *
Total Carbohydrate 42g	14%
Dietary Fiber 5g	22%
Total Sugars 6g	
Protein 12g	24%
Total Fat 12g	19%
Saturated Fat 5g	24%
Cholesterol 14mg	5%
Vitamin A 7186IU	144%
Vitamin C 62mg	68%
Folate 37mcg	9%
Sodium 547mg	23%
Calcium 280mg	22%
Iron 4mg	22%
Magnesium 29mg	7%
Potassium 214mg	5%



May 2024 Issue

Recipes

Fruit & Yogurt Smoothie

Serves: 1

Yield: 2 Cups

Prep Time: 10 Minutes

Cook Time: 0 Minutes

Ingredients

- $\frac{3}{4}$ cup nonfat plain greek yogurt
- $\frac{1}{2}$ cup 100% pure fruit juice
- 1 $\frac{1}{2}$ cups frozen fruit, such as blueberries, raspberries, pineapple or peaches



Photo courtesy of <https://www.eatingwell.com/recipe/249318/fruit-yogurt-smoothie/>

How to Make It

1. In a blender, puree yogurt with juice until smooth.
2. Add fruit and continue to blend until smooth.

Tips: Replace fruit juice with nonfat or low-fat milk for an additional boost of protein.

Nutrition Information

Servings Per Recipe: 1

Serving Size: 2 cups

Calories: 279

	% Daily Value
*Total Carbohydrate 56g	21%
Dietary Fiber 7g	23%
Total Sugars 46g	
Protein 12g	23%
Total Fat 2g	3%
Saturated Fat 0g	0%
Vitamin A 121IU	2%
Vitamin C 9mg	10%
Folate 38mcg	10%
Sodium 149mg	6%
Calcium 394mg	30%
Iron 1mg	4%
Magnesium 53mg	13%
Potassium 719mg	15%