

Rainbow Veggie Roll Up

4 g carbohydrates | 1 g sugar | 1 g total fat | 1 g protein | 1 g fiber

Serving size: 1 veggie roll up | Approximately 24 calories



Sandwich or Roll Up?

Have you ever tried a roll up? It is kind of like a sandwich but using a tortilla instead of bread. This can be a great and delicious way to eat your vegetables. Vegetables are important way to get enough minerals and vitamins which can power your body and brain throughout the day.

Food Preparation Materials

Cutting Board or mat
Measuring cups and spoons
Slicing Knife
Small Bowl
Vegetable Peeler
Spatula
Butter Knife

Ingredients- Makes 8 servings

8 oz. reduced-fat cream cheese or Neufchatel cheese, softened
1 tsp. salt-free lemon pepper seasoning
1 red bell pepper, thinly sliced
1 yellow pepper, thinly sliced
1 cup matchstick carrots
1 cucumber
2 celery stalks, cut and thinly sliced
¼ head purple cabbage
8 whole wheat tortillas

What To Do

1. Peel the cucumber using a vegetable peeler, as we practiced today in class.
2. Slice the pepper, celery, carrots, and cabbage using the technique taught in class; be sure to have an adult oversee this.
3. Add softened cream cheese and seasoning to a bowl. Combine and fold, using a spatula and scraping the sides of the bowl.
4. Place tortilla on workspace and spread 2 Tbsp. of the cream cheese over the tortilla.
5. Add veggies in a single layer over the entire tortilla and roll.
6. Cut into 8 equal pieces and serve, or refrigerate.