Roasted (or Grilled) Veggie Wraps

Ingredients:
- 2 zucchini and/or yellow squash, in ¼ inch slices
- 1 red or green bell pepper, sliced
- 1 onion, sliced
- 2 cloves garlic, sliced
- 2 Tbsp olive or other vegetable oil
- ½ tsp salt, ¼ tsp pepper
- 5 Tbsp nonfat cream cheese
- 5 (10-inch) low-fat whole wheat tortillas

Instructions:
1. Preheat oven to 425 F.
2. In a large roasting pan or rimmed baking sheet, combine all vegetables, oil, salt and pepper; toss until well combined. Roast for 20-30 minutes until soft (or grill them).
3. Spread one tablespoon of cream cheese on each tortilla (optional: warm each first briefly in a microwave). Add the vegetables, fold in edges and roll tight. Cut each wrap in half.

Variation - Mexican Pinwheels: Instead of above vegetables, mix cream cheese with 3 Tbsp corn (canned or frozen/defrosted, drained), 3 Tbsp canned, chopped green chilies (drained), 1 Tbsp chopped onion, and 5 Tbsp salsa. Spread on four 7-inch tortillas and continue as above; makes 8 small servings. Adapted from Eating Smart, Being Active, CA EFNEP & CO EFNEP.

Other Variations: Add other Italian-type vegetables like eggplant, chopped spinach, or mushrooms, or try broccoli, kale, root vegetables, or whatever is in season. Add basil & 2-3 tsp. balsamic vinegar to vegetables along with the oil.

Yields 10 servings

Source: Wendy Wolfe, Division of Nutritional Sciences, Cornell.

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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