Roasted (or Grilled) Veggie Wraps
Makes 10 servings

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.

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

Nutrition Facts

<table>
<thead>
<tr>
<th>Amount per serving</th>
<th>Calories</th>
<th>% Daily Value*</th>
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<tbody>
<tr>
<td>½ wrap (102g)</td>
<td>120</td>
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- Total Fat 4g
- Saturated Fat 0.5g
- Trans Fat 0g
- Cholesterol 0mg
- Sodium 340mg
- Total Carbohydrate 16g
- Dietary Fiber 1g
- Total Sugars 3g
- Includes 0g Added Sugars
- Protein 4g
- Vitamin D 0mcg
- Calcium 43mg
- Iron 0mg
- Potassium 181mg

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.