

# Lesson 4: VEGGIE WRAPS



**Recipe**  
Takes 5-7 minutes  
Makes 5 servings

## YOU WILL NEED:

tablespoon  
dinner spoon  
cutting board  
knife (adults only)  
peeler (adults only; optional)

5 plates  
5 butter knives  
cutting board

## Ingredients

For 5 servings



2 bell peppers



10 tablespoons  
low-fat veggie cream cheese



5 8-inch  
whole grain tortillas



1 small cucumber



1 carrot, shredded  
OR  
1/2 cup shredded carrot



2 celery stalks

## Preparation

Thinly slice all vegetables (remove seeds and ribs from peppers).  
Place tortilla on plate.

Using butter knife, spread a thin, even layer of veggie cream cheese across the whole tortilla. Be sure to reach the edges!

Choose which veggies to go in your wrap and arrange them evenly on tortilla.  
Fold the left and right sides of your tortilla in, so they are almost touching in the center.

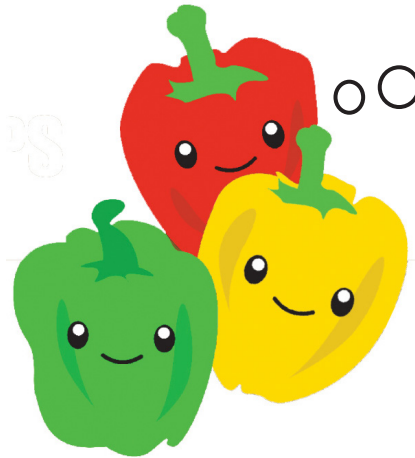
Slowly roll up the bottom side up to meet the top, and enjoy your veggie wrap!

# Lesson 4: VEGGIE WRAPS



## Directions

1. Fill in the blank.
2. Color the bell pepper stoplight.



Eat the stoplight!  
**red**, **yellow** and  
**green** for a healthy  
\_\_\_\_\_ and healthy  
\_\_\_\_\_.

