

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.

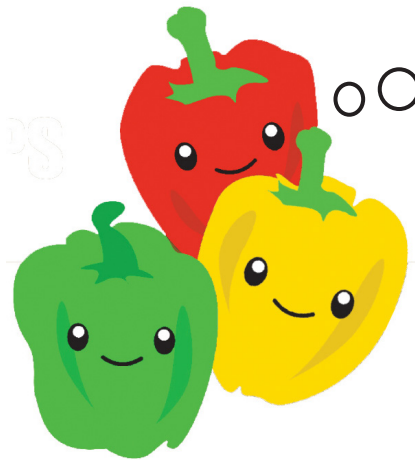
Slowly roll up the bottom side up to meet the top, and enjoy your veggie wrap!

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Directions

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



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

