



Crunchy Dill Veggie Wrap



Ingredients	For 24 Servings		Directions
	Weight	Measure	
Cream cheese, fat-free Ranch dressing seasoning pkg. Low fat whole wheat flour tortilla 1.8 oz.  Fresh broccoli slaw Fresh zucchini (cut into strips) Fresh yellow squash (cut into strips) Roma Tomatoes (dice) Green bell pepper (cut into strips) Chili powder Dried dill weed Romaine Lettuce Leaf		12 Tbsp. 1 tsp. 12 each 3 cups 3 cups 3 cups 1.5 cups 1.5 cups 6 tsp. 4 tsp. 24 leaves	<ol style="list-style-type: none"> 1. Wash and cut up vegetables as described. 2. In a separate bowl combine cream cheese and ranch dressing seasoning together. 3. Spread 1 Tbsp. of cream cheese mixture on each wrap. 4. Place 6 oz. vegetables on the wrap and sprinkle with dill weed and chili powder 5. Roll up the wrap tightly. 6. Cut the wrap in half serve on a lettuce leaf. <p style="color: red;">CCP: Keep cold food cold at 41°F or below in refrigerator for cold service</p>
			

Serving Size: ½ wrap each 0.75 oz. eq. Grain and ½ cup Other Vegetable

Nutrition Analysis: Serving Size:

Calories: 69 kcal	Calories from Fat: 17.16%	Total Fat: 1.31 g	Saturated Fat: 0.61 g	Trans Fat: 0.00
Cholesterol: 1 mg	Sodium: 200 mg	Total Carbohydrate: 11 g	Dietary Fiber: 2 g	Sugars: 1.74 g

Protein: 3.52 g

Vitamin A: 281.7 IU

Vitamin C: 11.73 mg

Calcium: 84.08 mg

Iron: 0.75 mg