

Farmers' Market Veggie Wraps

Williamsburg-James City County Schools



Veggie Wraps Make a Great Snack!!

Today's wraps:

Tomatoes, zucchini, yellow squash, shredded carrots, and red leaf lettuce

An assortment of tortillas: whole wheat, multi grain, tomato, and pesto types

Spread is Goat cheese with dill and garlic or plain goat cheese with our special Mathew Whaley Herbs'

Instructions:

Cut vegetables into lengthwise strips; lettuce leaves can be whole or shredded

Spread mixture on inside of tortilla; add vegetables leaving $\frac{3}{4}$ " on each side to fold ends in and roll tortilla

Use as a single serving or put in toothpicks and slice as hors d'oeuvres

An alternative spread:

$\frac{1}{2}$ cup low fat cream cheese and $\frac{1}{2}$ cup fat free sour cream with a little lemon juice as your base then add herbs, onions, cheese, fruits and/or finely diced veggies. Be Creative; preferably low fat

Variety:

Fresh vegetables will depend on availability

Any type of whole grain tortilla will do

