

Veggies in a Blanket

This party food is simple to prepare. It can be made with your favorite bean spread and fresh vegetables, and kids just love them. Take a whole wrap as a to-go lunch--it's filling and loaded with cancer-fighting fiber and many health-promoting nutrients.

Ingredients:

1 cup low fat hummus or bean spread
8 whole wheat tortillas (substitute corn for gluten allergies)
4 carrots grated (Saladmaster machine cone 1)
8 lettuce leaves, 1 cup baby spinach, or 5 ounces alfalfa or bean sprouts

Preparation:

1. Spread the hummus thinly over the tortillas leaving about ½ inch from the edge. Spread the carrots over the tortilla just like you did the hummus. Spread the greens over ½ the tortilla. Roll very tightly to make it easier to cut. Slice into 1" to 1 ½ " slices and serve.
2. Serve Veggies in a blanket immediately or cover tightly and store in the refrigerator for several hours. Prior to serving, bring the rolls to room temperature for the best flavor. Do not store the rolls longer than 1 day, as the tortillas and lettuce will become soggy.

PER SERVING: 122 calories; 2.8g fat; 0.3g saturated fat; 18% calories from fat; 0mg cholesterol; 5g protein; 20.6g carbohydrates; 1.5g sugar; 4.9g fiber; 251mg sodium; 27mg calcium; 2mg iron; 2.1mg vitamin C; 1424mcg beta-carotene; 0.4mg vitamin E

Options: Add onion, cucumber, jicama or bell pepper.