

VEGGIE WRAPS

By Kimberli Washington, Public Information Office



Ingredients:

- 4 whole wheat tortillas (7-inch size)
- ½ cup chopped bell peppers (mixed colors)
- 1 avocado, pitted and thinly sliced
- ¼ cup diced green chilies
- ¼ cup sliced ripe olives, drained
- 1 cup chopped tomatoes
- 2 cups shredded lettuce or spinach
- ½ cup shredded cheese

Directions:

- Spread 2 tablespoons of shredded cheese on each tortilla and top with equal amounts of vegetables and shredded cheese.
- Roll tightly and serve.
- Enjoy!!!

Disclaimer: It is the reader's responsibility to check the instructions provided, and to determine nutritional value and any possible medical condition that may arise from the consumption of the ingredients listed.