

CHEESY VEGGIE BEAN SPROUT WRAPS

RECIPE SOURCE: www.skinnyms.com/sprouts-veggies-and-cheese-wrap

INGREDIENTS:

1/4 cup grated carrots

1/2 cup shredded romaine lettuce

1/2 cucumber, in round slices, then in halves

1/2 cup bean sprouts

1/4 cup diced tomatoes

1/8 cup diced red onions (optional)

1/4 cup shredded part-skim mozzarella, low fat monterey, or low fat cheddar cheese

1/4 cup spread of choice, such as hummus or guacamole

1 large whole wheat or spinach wrap

TIME: 15 minutes

SERVINGS: 2*

DIRECTIONS:

Lay out wrap and evenly spread with hummus or guacamole. Make sure to leave 2 inches on one end free of any ingredients for folding. Sprinkle with sprouts, then add an even layer of veggies and cheese. Fold over and tuck in on the bottom, then roll up up tightly and slice in half.

FEELING ADVENTUROUS? Substitute or add some veggies you've never tried before, like mushrooms, radish, bell peppers, broccoli, or asparagus.

*Serving size = 1/2 wrap



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