

Super Veggie Wrap

1 cucumber, peeled and thinly sliced
2 small zucchinis, thinly sliced
2 carrots, peeled
4 white mushrooms, chopped
4 green onions, chopped
1 clove garlic, chopped (optional)
4 (10 inch) fat free flour tortillas
½ cup fat-free cream cheese.

In a small bowl, combine all vegetables. Thinly spread 1-tablespoon cream cheese on each tortilla. Place some of the chopped vegetable mixture evenly across center of tortilla. Roll up tortilla, trapping ingredients tightly inside to form a tight tube. When finished rolling, slice each tube into 1-inch wide sections to serve. Variation: Add 1 tablespoon of salsa to each wrap.

Makes 4 servings

Per Serving:

Calories: 302
Fat: 4 grams
Protein: 11 grams
Carbohydrates: 60 grams
Cholesterol: 0mg
Sodium: 55 mg

Green Treasure Salad

1 cup green-skinned apple
1 cup green seedless grapes
½ cup miniature marshmallows
½ cup lemon-flavored yogurt
2 tablespoons slivered almonds

Cut the apple into four pieces and remove the core and seeds. Cut into pieces. Mix together the apples pieces, grapes, marshmallows, yogurt, and almonds. Serve in small bowls.

Makes 4 servings

Per Serving:

Calories: 124
Fat: 3 grams
Protein: 3 grams
Carbohydrates: 23 grams
Cholesterol: 3 mg
Sodium: 22 mg



EAT SMART & WIN!



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Green-Green Guacamole

2 medium avocados, peeled, pitted and
mashed
¼ cup Cream Cheese Spread
¼ cup finely chopped tomato
2 Tbsp finely chopped onion
2 Tbsp limejuice
1 clove garlic, minced
1/8 tsp. Salt
Dash of black pepper

Mix all ingredients until well blended.
Serve with tortilla chips.

Make it easy. Use a pastry blender to
mash the avocado.

Creative leftovers. Cover and refrigerate
any leftover guacamole. Use as a bread
spread for your favorite sandwich.

Makes 12 servings

Per Serving:

Calories: 70
Fat: 6 grams
Protein: 1 gram
Carbohydrates: 4 gram
Fiber: 2 grams
Sugar: 1 gram
Cholesterol: 5 mg
Sodium: 50 mg

