



# Deli Vegetable Wrap

2 Servings • 1 Serving = 1 Wrap

## Tips on Sweet Bell Pepper



### How To Store

Store in the fridge. If sliced, store in a sealed container & use within 5 days.



### How To Use

Chop finely & add to a pizza, green salad, stir fry, or pasta dish.



### Health Benefits

Vision, immunity & heart health, lowers the risk of some cancers.

## INGREDIENTS

- 2 whole grain wraps, 10 inch
- 2 large leaves Romaine lettuce
- 2 slices Swiss cheese
- 8 thin slices of ham, chicken, or turkey
- ½ cup matchstick carrots
- ¼ cup cucumber, sliced into matchsticks
- ¼ cup red bell pepper, sliced into matchstick

## DIRECTIONS

1. Place a paper towel on a microwaveable dish, place wrap on top and microwave for 15-30 seconds.
2. Layer the wrap with lettuce, cheese, and your choice of lunch meat.
3. Add the carrots, cucumber, and bell pepper, leaving about 1-inch space on each side of the wrap.
4. Fold in the edge and start rolling the wrap, like a burrito. Poke toothpicks into the wrap to keep it rolled up, about 2 toothpicks.
5. Optional: Serve with 2 Tablespoons hummus or an herb dip.

## Nutrition Facts

2 servings per container  
Serving size 1 wrap (226g)

Amount per serving  
**Calories 290**

|                          | % Daily Value* |
|--------------------------|----------------|
| Total Fat 14g            | 18%            |
| Saturated Fat 2.5g       | 13%            |
| Trans Fat 0g             |                |
| Cholesterol 0mg          | 0%             |
| Sodium 600mg             | 26%            |
| Total Carbohydrate 37g   | 13%            |
| Dietary Fiber 6g         | 21%            |
| Total Sugars 5g          |                |
| Includes 1g Added Sugars | 2%             |
| Protein 10g              |                |
| Vitamin D 0mcg           | 0%             |
| Calcium 118mg            | 10%            |
| Iron 5mg                 | 30%            |
| Potassium 615mg          | 15%            |

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



### FIND MORE RECIPES

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San Antonio, TX 78227

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## Envoltura de Verduras Deli

2 Porciones • 1 Porción = 1 Wrap

### Consejos Sobre Pimiento Dulce



#### Como Almacenar

Conservar en el frigorífico. Si se corta, guárdelo en un recipiente sellado y úselo dentro de los 5 días.



#### Como Usar

Pique finamente y agréguelo a una pizza, ensalada verde, salteado o plato de pasta.



#### Beneficios Para la Salud

La visión, la inmunidad y la salud del corazón reducen el riesgo de algunos cánceres.

### INGREDIENTES

- 2 tortillas integrales
- 2 hojas grandes de lechuga romana
- 2 rebanadas de queso suizo
- 8 láminas finas de jamón, pollo o pavo
- ½ taza de zanahorias en palitos
- ¼ taza de pepino, cortado en palitos
- ¼ taza de pimiento rojo, cortado en palitos

### INSTRUCCIONES

1. Coloca una toalla de papel sobre un plato apto para microondas. Coloca el wrap encima y caliéntalo en el microondas durante 15–30 segundos.
2. Coloca sobre el wrap la lechuga, el queso y el embutido de tu elección.
3. Agrega la zanahoria, el pepino y el pimiento morrón, dejando aproximadamente 1 pulgada de espacio en cada lado del wrap.
4. Dobra un extremo y comienza a enrollar el wrap, como si fuera un burrito. Inserta aproximadamente 2 palillos de dientes para mantenerlo enrollado.
5. Opcional: Sirve con 2 cucharadas de hummus o un dip de hierbas.

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