

Deli Vegetable Wrap

2 Servings • 1 Serving = 1 Wrap



INGREDIENTS

- 2 whole grain wraps
- 2 large leaves Romaine lettuce, rib removed
- 2 slices Swiss cheese
- 6-8 thin slices of ham, chicken, or turkey
- ¼ carrot, sliced into matchsticks
- 1/8 cucumber, sliced into matchsticks
- 1/8 red bell pepper, sliced into matchsticks

DIRECTIONS

1. Lightly heat the wraps.
2. Layer the wrap with lettuce, followed by cheese, and your choice of lunch meat. Add the carrots, cucumber, and bell pepper, leaving about 1-inch border on each side of the wrap.
3. Fold in the edges and start rolling the wrap, like a burrito. Use toothpicks to keep the wrap together.
4. Optional: Serve with 2 Tablespoons hummus or herb dip.

Nutrition Facts

2 servings per container	
Serving size	1 wrap
Amount per serving	
Calories	310
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 650mg	28%
Total Carbohydrate 26g	9%
Dietary Fiber 1g	4%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 23g	
Vitamin D 0mcg	0%
Calcium 359mg	30%
Iron 2mg	10%
Potassium 86mg	2%

*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.

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