Fix It Fresh! Fruits and Vegetables Recipes Series Recipe Category: Side Dishes (Cold)





A child could wash the vegetables and stir the mixture.

Vegetable Burrito

Yield: 4 servings

1/2 cup raw chopped green sweet bell pepper

1/2 cup raw shredded carrots

1/2 cup raw chopped broccoli

1/2 cup raw chopped cauliflower

1/4 cup raw chopped onions

3/4 cup shredded low fat yellow cheese or pepper

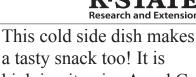
1/4 cup nonfat ranch salad dressing

3/4 teaspoon chili powder

4 flour tortillas, 7 inches each

- 1. Wash your hands and work area.
- 2. In a mixing bowl, combine peppers, carrots, broccoli, cauliflower and onions with cheese, dressing and chili powder.
- 3. Lay tortillas flat and spoon 1/2 cup vegetable mixture down center. Wrap each tortilla around vegetable mixture. Serve cold.
- 4. Cover and refrigerate leftovers within 2 hours.

Original recipe from K-State Research and Extension's Mission Nutrition



a tasty snack too! It is high in vitamins A and C and is a good source of fiber, calcium and iron.

Nutrition Facts Serving Size 1 burrito (140g) Servings Per Container 4			
Amount Per Servin	g		
Calories 200	Cald	ories fr	om Fat 45
		%	Daily Value*
Total Fat 5g			8%
Saturated Fat 1.5g			8%
Trans Fat 0g			
Cholesterol 5mg			2%
Sodium 510mg			21%
Total Carbohydrate 29g 10%			
Dietary Fiber 3g			12%
Sugars 3g			
Protein 10g			
Vitamin A 60%	• '	Vitamir	n C 50%
Calcium 15% • Iron 10%			
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calories: 2,000 2,500			
Total Fat Le Saturated Fat Le Cholesterol Le	ss than ss than ss than ss than	65g 20g 300mg 2,400m 300g 25g	80g 25g 300mg

2 carbohydrate choices per serving

Diabetic exchanges per serving: 1 1/2 starch, 1 vegetable, and 1/2 lean meat

Recipe modified by Mary Meck Higgins, Ph.D., R.D., L.D., CDE, Assistant Professor, Department of Human Nutrition. Kansas State University Agricultural Experiment Station and Cooperative Extension Service, Manhattan, KS. Contents of this publication may be reproduced for educational purposes. All other rights reserved. For more information about healthy eating, contact your local extension office. Kansas State University is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program. The Food Assistance Program can help people of all ages with low income buy nutritious foods for a better diet. To find out more, call 1-888-369-4777. July 2003; revised July 2010