

Fix It Fresh! Fruits and Vegetables Recipes Series

Recipe Category: Side Dishes (Cold)



K-STATE
Research and Extension



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 cheese
- 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

This cold side dish makes 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 Serving

Calories 200 **Calories from 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% • Vitamin 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	Less than		65g	80g
Saturated Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

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.**

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