



Red Pepper & Spinach Wrap

Yield: 1 serving

Ingredients:

- 1 tablespoon low-fat cream cheese, plain
- 1 10" whole wheat tortilla, low-carb
- ½ cup fresh spinach leaves
- 1 roasted red pepper, jarred
- ½ cup chopped mushrooms, fresh
- 3 scallions, chopped
- 1/6 avocado, sliced



Directions:

1. Spread cream cheese evenly over tortilla. Layer spinach leaves over cream cheese.
2. Chop red pepper and fresh mushrooms. Layer on top of spinach.
3. Add scallion and avocado. Roll, and wrap in foil for easy packing.

Nutrition Facts: Calories: 298; Total Fat: 10.5g; Saturated Fat: 2.9g; % of Calories from Fat: 32%; Cholesterol: 8mg; Carbohydrates: 40.2mg; Dietary Fiber: 24.6g; Sodium: 675.2mg; Protein: 11.8g

Source: <http://www.fruitsandveggiesmorematters.org>



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