

Super Veggie Wraps

Serves: 4

Ingredients

1 cucumber, peeled and thinly sliced	4 green onions, chopped
2 small zucchinis, thinly sliced	1 clove garlic, chopped (optional)
2 carrots, peeled, thinly sliced	4 (10-inch) fat free flour tortillas
4 large white mushrooms, chopped	½ cup fat-free cream cheese

In a small bowl, combine all the vegetables.

Thinly spread cream cheese on each tortilla. Place some of the chopped vegetable mixture evenly across center of tortilla.

Roll up tortilla, trapping ingredients tightly inside to form a tight tube. When finished rolling, slice each tube into 1-inch wide sections to serve.

Per serving: 302 calories, 4 g total fat (1 g saturated fat), 0 mg cholesterol, 11 g protein, 55 mg sodium, 60 g carbohydrate.