

Crunchy Vegetable Burritos

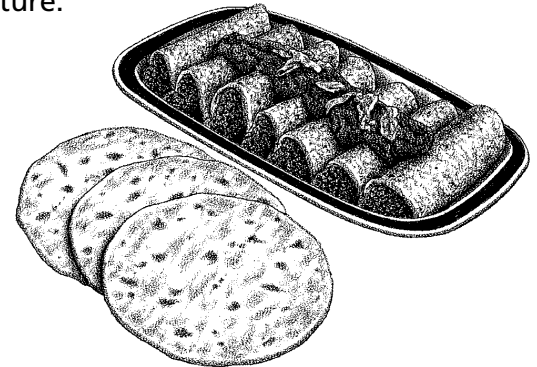
Serves 4

½ cup carrots, shredded
½ cup broccoli, chopped
½ cup cauliflower, chopped
2 green onions, thinly sliced
4 ounces cheddar cheese, shredded, low-fat
¼ cup ranch salad dressing, low-fat
½ teaspoon chili powder
1 cup lettuce, torn into bite-size pieces
4 flour tortillas

TIPS:

- Makes a great quick meal or snack.
- Add refried beans for extra protein and fiber.
- Use fat-free ranch dressing for even less fat.

1. Wash and chop vegetables.
2. Combine chopped vegetables with cheese, dressing, and chili powder; mix well.
3. Spoon 1½ cup vegetable mixture and 1¼ cup lettuce into the center of each tortilla.
4. Wrap each tortilla around the vegetable mixture.
5. Serve cold.



Nutrition Facts:

Serving size: 1 burrito; Calories: 330; Fruits and Vegetables: 1 serving; Fat: 10 g; Fiber: 4 g



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