

RAINBOW VEGGIE WRAPS



This yummy wrap has lots of flavor, color, and crunch! Feel free to use whatever colorful vegetables you like! Sub tomatoes for peppers, lettuce for spinach, add avocado—the options are limitless! It's also a fun and easy way to get 2-3 servings of veggies in 1 meal!

Modified from FruitsAndVeggies.org



Eat the Rainbow!

Eating a variety of colors doesn't just make our food more fun—it also makes it healthier! Each color helps different parts of our body, like our immune system, our memory, our hearts, our eyes, and much more! Fruits and veggies come in a rainbow of colors, so eat up for fiber, vitamins, and minerals!

Red: bell peppers, beets, tomatoes, radishes

Orange/Yellow: corn, squash, sweet potato, carrots, bell peppers

Green: lettuce, spinach, peas, zucchini

Purple: cabbage, radicchio

Ingredients

- 8 large tortillas (use gluten-free or whole-wheat if preferred)
- 1 red bell pepper, sliced into thin strips
- 1 bag matchstick carrots
- 1 15-oz can corn kernels, rinsed
- 1 cup spinach leaves, lightly chopped
- ½ small head of purple cabbage, shredded
- 1 10-oz container garlic hummus

Directions

1. Spread 2 tablespoons hummus onto each tortilla. If making pinwheels, mix 2-3 Tbsp hummus into the corn.
2. Arrange vegetables in thin stripes on HALF the tortilla. You want to leave enough room for rolling! If making pinwheels, fill all the way to the side edge. If making full wraps, leave room on sides to fold over.
3. Fold in the ends & roll as tight as possible without ripping. If making ahead, wrap rolls in plastic wrap to allow flavors to meld & tortillas to soften.
4. Slice into 2 halves or 6 pinwheels & enjoy! For pinwheels, cut into pieces, slightly pulling back the tortilla, reshape into a tight circle & secure with a toothpick.

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