



# Crunchy Vegetable Wrap

## INGREDIENTS:

- fc 1/2 cup fat free cream cheese
- fc 4 (10 inch) wheat tortillas
- fc 4 curly leaf lettuce leaves
  - 1 cup alfalfa sprouts
  - 1 cub red cabbage
- fc 1 (14.5 oz) can no salt added diced tomatoes, drained
- fc 1/4 cup crumbled blue cheese
  - 2 tbsp finely chopped red onion



## INSTRUCTIONS:

Spread 1 tbsp cream cheese over each tortilla, top each with a lettuce leaf. Divide sprouts and remaining ingredients evenly among tortillas; roll up. Cut each rolled wrap in half diagonally.