

# Veggie Wraps

Serves 4, 3 pinwheels each    Prep time: 15 minutes    Cook Time: None

## **Ingredients:**

4 Large radishes  
1 Small Carrots  
1 Cup salad greens  
3 Sprigs fresh herbs (parsley, dill, cilantro, or combination)  
1 Lemon  
2 Ounces low-fat Swiss or cheddar cheese  
1 large, ripe avocado  
¼ Cup nonfat plain yogurt  
3 (8-inch) Whole wheat flour tortillas.



## *Optional Ingredients*

5 Ounces thinly sliced roasted turkey

## **Directions:**

1. Scrub and rinse radishes and carrots. Rinse salad greens. Pat all veggies dry.
2. Use a vegetable peeler to peel radishes and carrots into long, thin strips. In a medium bowl. Collect veggie strips.
3. Rinse herbs. Pluck leaves off stems. Tear leaves into smaller pieces.
4. Rinse lemon. Zest using the small holes of a box grater. Cut in half and remove seeds.
5. Grate cheese.
6. Slice avocado lengthwise. Remove pit. Scoop avocado out of shell.
7. In a small bowl, use a fork to mash avocado. Stir in yogurt.
8. Squeeze a little lemon juice onto avocado mixture. Add herbs and a pinch of lemon zest. Stir.
9. Warm 1 tortilla in the microwave for 30 seconds, or longer as needed.
10. Place the warm tortilla on a cutting board. Spread 1/3 avocado mixture over center of tortilla. Layer with 1/3 greens, 1/3 grated veggies, and 1/3 grated cheese. If using turkey, add 1/3 turkey now. Squeeze more lemon juice over the mixture.
11. Roll tortilla and toppings into a log shape. Use a knife to slice wrap into four “pinwheels”
12. Repeat process for the other 2 tortillas. You will end up with a total of 12 pinwheels.