

Rainbow Wrap

Makes 1 wrap

Ingredients:

1 whole wheat tortilla

1-2 tablespoons cream cheese, hummus, Ranch dressing, pesto or other favorite spread

1 cup veggies – go for color!

Red – chopped tomatoes, red pepper strips, radishes

Orange – carrot shreds, orange pepper strips, cooked sliced sweet potato

Yellow – corn, yellow pepper strips, sliced summer squash

Green – lettuce, spinach, cucumbers, avocado, grated zucchini, snow peas

Blue/Purple – shredded purple cabbage, radicchio

Other yummy additions – cooked beans (mashed or whole), sliced or shredded cheese, apple slices, toasted sunflower or pumpkin seeds

Directions:

1. Get started – lay tortilla flat.
2. Paint the Sky – put favorite spread onto the tortilla.
3. Get Colorful – use veggies to create a rainbow on tortilla, leaving room around edges.
4. Roll It Up – fold in sides of tortilla. Start at one end and roll your tortilla up tight.
5. Cut in half and taste the Rainbow!

Nutrient analysis per serving: calories 150, protein 7 grams, carbohydrates 31 grams, fat 3.5 grams, sodium 310 milligrams, fiber 6 grams

Source: Adapted from USDA Team Nutrition, www.teamnutrition.usda.gov



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Fruit Quesadillas

Makes 4 servings

Ingredients:

1 cup fresh or canned fruit, chopped (try apples, pears, peaches or pineapple)

1 tablespoon brown sugar

1 teaspoon cinnamon

4 whole wheat tortillas

1 ½ teaspoons canola oil

Directions:

1. In a small bowl, combine fruit, sugar and cinnamon.
2. Spread about ½ cup of fruit mixture in the center of each tortilla; carefully fold in half.
3. Heat a small skillet with oil on medium heat. Grill quesadillas for about 1 minute or until lightly browned on both sides.

Nutrient analysis per serving: Calories 166, Protein 5 grams, Carbohydrates 29 grams, Fat 6 grams, Sodium 462 milligrams, Fiber 5 grams



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Soft Black Bean Tacos

Makes 8 servings

Ingredients:

1 tablespoon canola oil
1 teaspoon chili powder
1 teaspoon ground cumin seeds
2 (15-16 ounce) cans black beans, with liquid
½ cup water
8 soft corn tortillas
1 cup fresh or bottled salsa
½ cup shredded cheese (try cheddar, Colby or Monterey Jack)

Directions:

1. Heat oil in a large, heavy nonstick skillet on medium-high. Add chili powder and ground cumin. Allow spices to cook for 30 seconds.
2. Stir in black beans and ½ cup water. Mashing the beans with the back of your spoon, cook for 10 to 15 minutes. If they seem too dry, add more water. Remove from heat.
3. Heat the tortillas, two or three at a time, in a dry skillet on medium-high for a few minutes, or in the microwave for about 20-30 seconds.
4. Top tortillas with black beans, about two rounded tablespoons each. Spoon on some salsa and sprinkle on cheese. Fold the filled tortillas in half and serve.

Make ahead: The refried black beans will keep in the refrigerator for 3 days - add a little bit of water to them before reheating.

Nutrient analysis per serving: Calories 180, Protein 8 grams, Carbohydrates 25 grams, Fat 5 grams, Sodium 510 milligrams, Fiber 5 grams



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