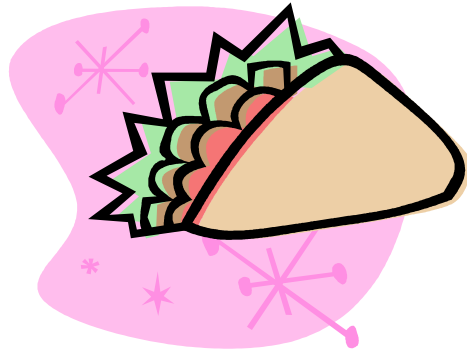


California Veggie Wrap

You don't have to be vegetarian to enjoy the wholesome goodness of this wrap.

Ingredients:

1 tbsp spreadable fat-free cream cheese
1 large (10-in) flour tortilla, regular or flavored
2 tbsp shredded carrot
2 tbsp thinly sliced red or yellow pepper
2 tbsp chopped red onion
1/4 c shredded Cheddar or Monterey Jack cheese
1/4 avocado, peeled and sliced
1/4 c baby spinach leaves (or torn arugula)
1/4 c alfalfa sprouts
Salt and pepper to taste



Directions:

Spread cream cheese over the tortilla to within 1/2 inch of the edges. Arrange all the filling ingredients in a row along the center one-third of the tortilla. Sprinkle with salt and pepper to taste. Roll the tortilla up as tightly as possible to enclose the filling without tearing the tortilla. Cut in half crosswise and eat immediately, or wrap both halves in plastic wrap to pack into a lunch bag.

Per wrap: 333 calories, 15g protein, 10g fat, 43g carbohydrate, 5g fiber

Chickpea Sandwich Filling

Ingredients:

1 (19 oz) can garbanzo beans, drained and rinsed
1 stalk celery, chopped
2 green onions, chopped
1 tbsp mayonnaise (*or favorite salad dressing*)
1 tbsp lemon juice
1 tsp dried dill weed
Salt and pepper to taste



Directions:

Pour chickpeas into medium bowl and mash with fork. Mix in remaining ingredients. Chill.

Serve on crusty whole grain rolls or pita bread, with lettuce and tomato.

Per 1/3 recipe: 259 calories, 9.3g protein, 5.8g fat, 43g carbohydrate, 8.5g fiber