



Crunchy Vegetable Burrito Banditos

Servings: 4

Serving Size: 1 burrito

Ingredients:

- 1/2 cup shredded carrots
- 1/2 cup chopped broccoli
- 1/2 cup chopped cauliflower
- 2 green onions, thinly sliced
- 1 cup (4 ounces) shredded low-fat Cheddar cheese
- 1/4 cup low-fat Ranch salad dressing
- 1/2 teaspoon chili powder
- 4 (7-inch) whole wheat tortillas
- 1 cup lettuce, torn or cut into bite size pieces

Directions:

1. Grate the carrots and cut the broccoli, cauliflower and green onions.
2. In a mixing bowl, combine carrots, broccoli, cauliflower and onions with cheese, dressing and chili powder.
3. Lay tortilla flat on the counter and spoon about 1/2 cup vegetable mixture and 1/4 cup lettuce down the center. Wrap each tortilla around the vegetable mixture.

Nutrition Facts

Serving Size 1 burrito
Servings Per Container 4

Amount Per Serving

Calories 230 **Calories from Fat 45**

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 540mg **23%**

Total Carbohydrate 32g **11%**

Dietary Fiber 4g **16%**

Sugars 4g

Protein 12g

Vitamin A 60% • Vitamin C 40%

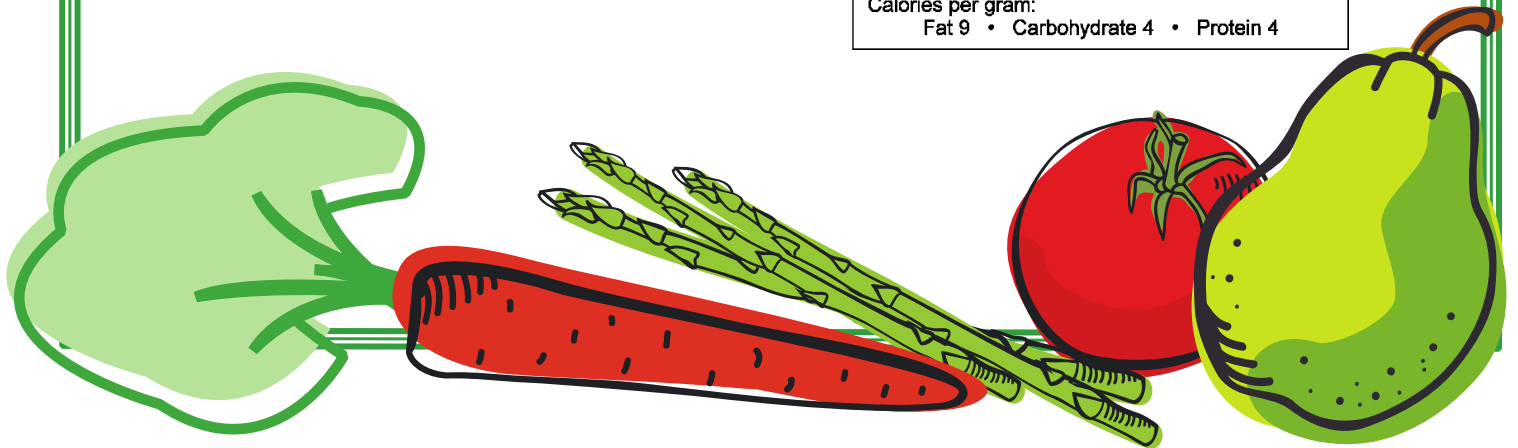
Calcium 15% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



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