

Crunchy Vegetable Burrito Banditos  
Serves 4

½ cup shredded carrots  
½ cup chopped broccoli  
½ cup chopped cauliflower  
2 green onions, thinly sliced  
4 ounces shredded low fat Cheddar cheese  
¼ cup nonfat ranch salad dressing  
½ teaspoon chili powder  
4 (7 inch) flour tortillas  
1 cup romaine lettuce, bite size pieces

In a mixing bowl, combine carrots, broccoli, cauliflower and onions with cheese, dressing and chili powder.

Lay tortillas flat on the counter and spoon about ½ cup vegetable mixture and ¼ cup of lettuce down the center. Wrap each tortilla around the vegetable mixture.

Per serving:

Calories: 204  
Protein: 10 grams  
Carbohydrate: 22 grams  
Fat: 7 grams  
Cholesterol: 20 milligrams  
Sodium: 322 milligrams

Recipe taken from Fun with Fruits & Vegetables Kids Cookbook by Dole Food Company, 2000