

VEGETABLE SUSHI



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the
**Chickasaw
Nation**

This institution is an equal opportunity provider and employer.

Adult supervision required when preparing food.

Vegetable Sushi

1 Serving

- 1 Tortilla, whole-wheat

- 1 T Cream cheese, onion and chive, light

- 2 Baby carrots, quartered

- ¼ Cucumber, small, cut into strips

- ¼ Bell pepper, cut into strips

- 2 T Ranch dressing, low-fat (optional)

1. SPREAD cream cheese over tortilla.
2. PLACE carrots along one edge of tortilla and FOLD over.
3. PLACE cucumber sticks beside rolled over carrots on tortilla and FOLD over.
4. PLACE bell pepper strips beside folded over cucumbers on tortilla and ROLL up completely.
5. SLICE into 1-inch rounds and dip “sushi” into ranch dressing.



Nutrition Information: 180 calories, 5 g fat, 5 mg cholesterol, 440 mg sodium, 30 g carbohydrates, 4 g dietary fiber, 6 g protein

