

## R.B.V. WRAP

(Roast Beef & Veggie Wrap)

Total preparation time: 25 minutes

- 16 thin slices deli roast beef (about 12 ounces)
- 2 cups shredded broccoli slaw
- 1/4 cup prepared ranch dressing
- 1 container (8 ounces) whipped cream cheese
- 2 tablespoons prepared ranch dressing
- 4 flour tortillas (10-inch diameter)



1. PLACE the broccoli slaw and 1/4 cup ranch dressing in a medium bowl. TOSS with 2 forks to coat evenly.
2. PLACE the cream cheese and 2 tablespoons ranch dressing in a small bowl. STIR with a wire whisk to mix well.
3. PLACE 1 tortilla on a cutting board or other flat surface. SPREAD about 1/4 cup of the cream cheese mixture on the tortilla using a metal spatula.
4. PLACE 4 roast beef slices in an even layer on top of the cream cheese.
5. PLACE 1/3 cup of the broccoli mixture on top of the roast beef. SPREAD the broccoli mixture out in an even layer, using the back of a spoon.
6. Starting at the bottom edge, ROLL tortilla up tightly to enclose filling.
7. REPEAT steps 3 through 6 to make a total of 4 wraps.
8. **Adult help needed:** Using a knife, CUT wraps crosswise into 1-1/2-inch wide pieces or CUT them diagonally in half.

**Makes 4 servings.**

**Helpful Hint:** If making wraps ahead of time, tightly wrap them individually in plastic wrap and refrigerate until serving time.

**Nutrition information per serving:** 698 calories; 34 g protein; 39 g carbohydrate; 44 g fat; 771 mg sodium; 135 mg cholesterol; 5.3 mg niacin; 0.4 mg vitamin B<sub>6</sub>; 2.5 mcg vitamin B<sub>12</sub>; 4.7 mg iron; 6.5 mg zinc.

This recipe is an excellent source of protein, niacin, vitamin B<sub>6</sub>, vitamin B<sub>12</sub>, iron and zinc.

### You Will Need

set of measuring cups  
measuring spoons  
medium bowl  
2 forks  
rubber spatula  
small bowl

wire whisk  
cutting board  
small metal spatula/spreader  
spoon  
sharp knife