

Crunchy Vegetable Burritos

Ingredients (makes 8 servings, serving size: 1/2 burrito)

- 4 (8 inch) Flour tortillas, try whole wheat for added fiber
- 1/4 cup Hummus or try with the Greek Yogurt Dip instead (see separate recipe for Greek Yogurt Dip)
- 1 Tablespoon Garlic powder (optional)
- 1 Tablespoon Dried dill weed
- 12 ounces Broccoli slaw or 1 cup grated carrots and 2 cups chopped raw broccoli

Directions

1. Spread about 1 Tablespoon Greek Yogurt Dip on each tortilla.
2. Sprinkle with garlic powder and dill weed.
3. Top with vegetables.
4. Roll up each tortilla and cut each roll-up in half.

Nutrition Information- Per serving (using hummus)

Calories	57	Total Sugars	1.1g	Sodium	120mg
Protein	2.7g	Total Fat	1.5g	Cholesterol	0g
Carbohydrate	9.2g	Saturated Fat	0.4g	Fiber	1.9g



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