

## WRAPS

10 minutes preparation

4 serves of vegies in this recipe

2 large tortillas

2 large lettuce leaves, washed and dried

½ cup low-fat cottage cheese

1 large ripe tomato, chopped

¼ red onion, chopped

1 small Lebanese cucumber, chopped

4 walnut halves



Warm tortillas in microwave on HIGH (100%) for 40 seconds. Lay a lettuce leaf on each tortilla, then top with cheese, tomato, onion, cucumber and walnuts. Wrap one end of the tortilla enclosing the filling then fold over sides. Serve immediately.

Serves 2.

### Variations

Sliced lean meats and chutney or sliced chicken and snow pea shoots may replace the cottage cheese.

	Quantity per serving	Quantity per 100g
Energy	987.90 kJ	374.03 kJ
Protein	15.64 g	5.92 g
Fat	8.42 g	3.19 g
-saturated	1.16 g	0.44 g
Carbohydrate	22.40 g	8.48 g
-sugars	5.76 g	2.18 g
Fibre	3.61 g	1.37 g
Sodium	255.07 mg	96.57 mg

### NUTRITION INFORMATION

Serves in this recipe: 2

Serve size: 264 g



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FRUIT VEG

An Australian Government, State and Territory health initiative.

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