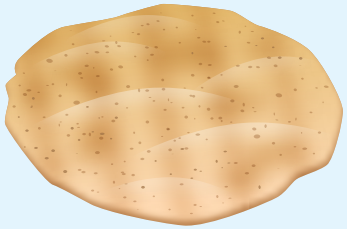
USDA
United States Department of Agriculture

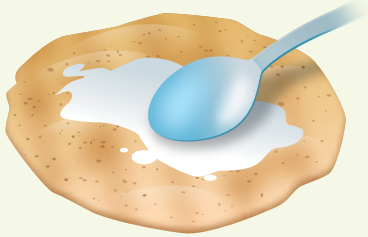
Crunchy Rainbow Wrap

1 Get Started



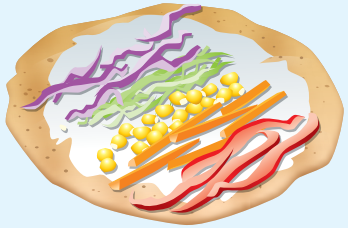
Lay your tortilla flat.

2 Paint the Sky



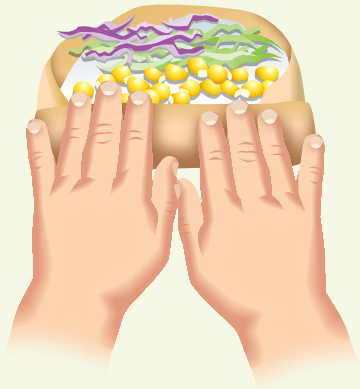
Spread some cream cheese onto the tortilla.

3 Get Colorful



Use veggies to create a rainbow on your tortilla. Leave some room around the edges.

4 Roll It Up

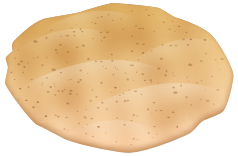


Fold in sides of the tortilla. Start at one end and roll your tortilla up tight.

5 Taste the Rainbow

Let an adult cut your wrap in half. Enjoy your colorful snack.

Ingredients



whole-wheat tortilla

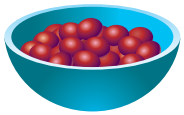
reduced-fat cream cheese

Choose Vegetables

Red

red-pepper strips

red beans



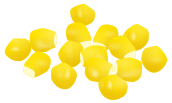
chopped tomatoes

Orange

carrot shreds

Yellow

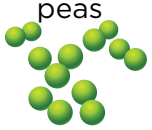
corn



yellow-pepper strips

Green

peas

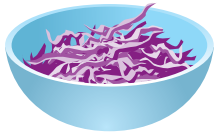


spinach

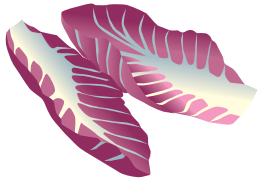
shredded lettuce

Blue/Purple

shredded purple cabbage



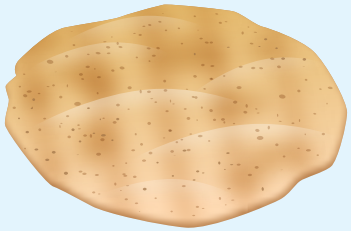
radicchio



USDA
El Departamento de Agricultura de los Estados Unidos

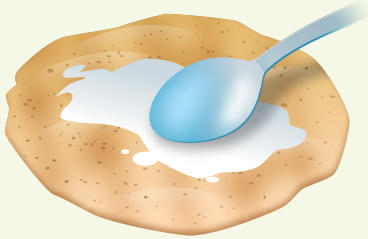
Envoltura de arcoíris crocante

1 Comienza



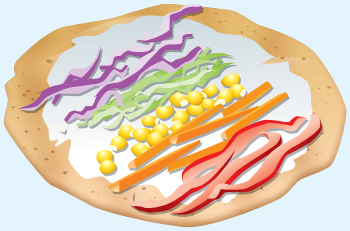
Extiende la tortilla.

2 Pinta el cielo



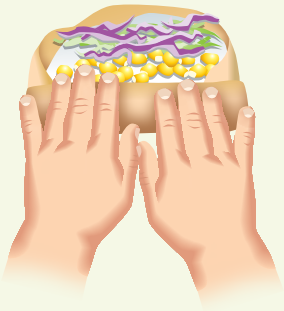
Pon un poco de queso crema sobre la tortilla.

3 Ponle color



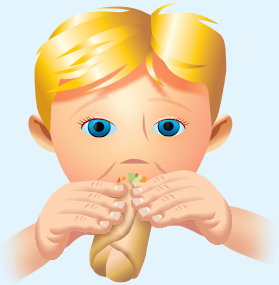
Utiliza vegetales para crear un arcoíris en tu tortilla. Deja algo de espacio alrededor de los bordes.

4 Enróllalo



Dobla los lados de la tortilla. Comienza en un extremo y enrolla tu tortilla hasta que quede como un rollo.

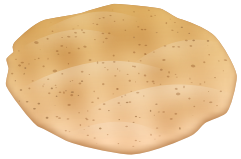
5 Saborea el arcoíris



Deja que un adulto corte tu envoltura por la mitad. Disfruta de tu refrigerio colorido.

Ingredientes

Elije vegetales



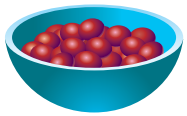
Tortilla integral

queso crema bajo en grasa

Rojos

tiras de pimiento rojo

frijoles rojos



tomates picados

Anaranjados

zanahoria rayada

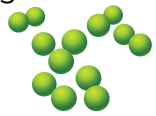
Amarillos

maíz

tiras de pimento amarillo

Verdes

guisantes

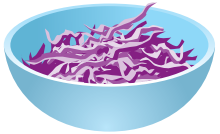
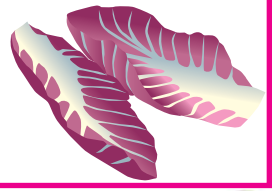


espinacas

lechuga cortada en trozos

Azules o morados

repollo morado cortado en trozos



achicoria