

Cream Cheese & Veggie Roll-Up

With sliced vegetables, a whole-wheat tortilla and baby spinach, these roll-ups make the perfect healthy lunch for your kids to take to school.

Ingredients

- 3 tablespoons cream cheese
- ½ teaspoon dried chives
- ¼ teaspoon dried dill
- ⅛ teaspoon garlic powder
- 1 8-inch whole-wheat flour tortilla, at room temperature
- ¼ cup baby spinach
- ½ cup shredded or sliced vegetables, such as carrots, bell pepper and/or cucumber

Directions

Combine cream cheese, chives, dill and garlic powder in a small bowl. Spread evenly on tortilla. Layer spinach, then shredded (or sliced) vegetables across the bottom third of the tortilla. Roll closed and cut in half. Or, cut into slices, if desired.