



Grilled Vegetable Wraps with Creamy Coleslaw



This quick recipe is a delicious and healthy way to use up leftover grilled or roasted vegetables - use any you have on hand! This recipe comes to us from Jamie Geller of JoyofKosher.com.

Ingredients: (serves 4)

- 1 pound grilled or roasted vegetables
- 1 cup herbed cream cheese spread
- 4 (8-inch) whole wheat flour tortillas
- 1 (16-ounce) package coleslaw mix
- 1 small onion, finely diced
- 1 cup regular or lite mayonnaise
- 1/4 cup regular or low-fat sour cream
- salt and black pepper

Instructions:

Kid: Place tortillas on a work surface.

Together: Spread 1/4 cup cream cheese evenly over each tortilla, leaving about a 1- inch border.

Kid: Distribute the vegetables evenly among the tortillas.

Together: To roll up wraps: Fold in the right and left sides, enclosing the veggies. Starting from the bottom, gently roll up the tortilla, ending with the seam-side down.

Adult: Cut each wrap in half.

Together: Serve with creamy coleslaw.

For the Creamy Coleslaw:

Together: Mix all ingredients together in a large bowl.

Food For Thought!

Are vegetables more nutritious when they're raw or cooked? It depends! Some nutrients, like the vitamin C found in carrots, decrease slightly after the cooking process. Others, like the lycopene found in tomatoes, actually increase after cooking. So which should you eat? The answer: A little bit of both! Cook your veggies sometimes and eat them raw others and you'll get the best of both worlds.



Cooking Tip of the Week

Refrigerated tortillas might crack when you roll them. To roll them easily, microwave each wrap for 20 seconds before adding the filling and rolling it up.

Conversation Starter

What are you most looking forward to doing this holiday season?



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