



BLUE ZONES PROJECT
by sharecare

RECIPES

*From the kitchen of:
Blue Zones Project®*





FROM THE KITCHEN OF:
BLUE ZONES PROJECT®

Veggies in a Blanket

Yields: 40 pieces (10 servings)

Per serving: 122 calories, 2.8 g fat, 251 mg sodium, 5 g protein

Ingredients

- 1 cup Roasted Red Pepper Hummus (recipe or commercially prepared variety), or bean spread (commercially prepared variety, or White Bean Spread with Sun-Dried Tomatoes)
- 8 whole-wheat tortillas
- 4 carrots, grated
- 8 lettuce leaves, 1 cup baby spinach leaves, or one 5-ounce container sprouts

Directions

Spread hummus or bean spread thinly on tortillas. Next, add carrots and lettuce, spinach, or sprouts. Roll up each tortilla and secure with 5 evenly placed toothpicks. Slice into 5 individual rolls per tortilla (one toothpick per roll). Variation: Add thin sticks of cucumber or red bell pepper before rolling.

Veggies in a Blanket can be served immediately or kept fresh in the refrigerator for several hours. Prior to serving, allow rolls to reach room temperature for the best flavor. Consume rolls within one day, as the tortillas and lettuce can become soggy.