

# Speedy Garden Roll-Ups

½ cup Chick-Pea Spread  
(Recipe follows)  
2 (6-inch) flour tortillas  
¼ cup shredded carrot  
¼ cup shredded red cabbage  
¼ cup (1 ounce) shredded reduced-fat  
Cheddar cheese  
4 red leaf lettuce leaves

## DIETARY EXCHANGES:

3 Starch, 1 Vegetable, 2 Meat

## NUTRIENTS PER SERVING:

Cal.: 360	Cal. from Fat: 22%
Total Fat: 9 g	Sat. Fat: 4 g
Carb.: 52 g	Protein: 21 g
Chol.: 15 mg	Sodium: 736 mg
Fiber: 6 g	

1. Prepare Chick-Pea Spread.
2. Spread each tortilla with ¼ cup Chick-Pea Spread to about ½ inch from edge. Sprinkle evenly with carrot, cabbage, and cheese. Top with lettuce leaf.
3. Roll up tortillas jelly-roll fashion. Seal with additional Chick-Pea Spread.
4. Serve immediately or wrap tightly with plastic wrap and refrigerate up to 4 hours.

*Makes 2 servings (1 wrap per serving)*

## Chick-Pea Spread

1 can (about 15 ounces) low-sodium chick-peas  
(garbanzo beans), rinsed and drained  
¼ cup fat-free cream cheese  
1 tablespoon finely chopped onion  
1 tablespoon chopped fresh cilantro  
2 teaspoons lemon juice  
2 cloves garlic  
1/8 teaspoon black pepper



1. Place chick-peas, cream cheese, onion, cilantro, lemon juice, garlic, and pepper in blender or food processor container; blend until smooth.

*Makes about 1 cup*

Source: Diabetic Cooking Magazine