



# Green Monster Wrap



Two servings of veggies!

### Ingredients:

- 1 tomato
- 1 cucumber
- 2 cups spinach
- 1 15 oz can kidney beans
- 4 spinach tortillas
- 4 tsp low fat Ranch dressing

### Nutrition:

Recipe makes 4 servings  
Each serving counts as 2 vegetables

### Safety:

Watch for sharp edges on can opener and can's lid.

### Directions:

1. Wash tomato, cucumber and spinach under cold water.
2. Cut tomato and cucumber into bite sized pieces. Tear spinach into strips.
3. Drain and rinse kidney beans with cold water in colander.
4. Place one tortilla on each serving plate.
5. Measure 1/4 cup tomato, cucumber and beans into each tortilla.
6. Add 1/2 cup spinach to each tortilla.
7. Top with Ranch dressing.
8. Wrap and enjoy!

from the kitchen of  
**Playnormous**

