

List for HEAL Conference Cooking Demo

Veggie Tortilla Wrap

- Whole Wheat Tortillas- 1 pack
- Cream cheese
- Romaine lettuce or spinach
- 2 tomatoes
- 2 Bell Peppers (any color)
- 1 cucumber
- Diced Green Chiles- small can
- Olives sliced- small can

Protein Options:

- Black beans
- Chicken
- Tofu
- Also open to other suggestions

Sauces

- Chipotle-Mayo
 - Chipotle Powder (I have everything else)
- Pesto Sauce
 - Basil leaves
 - Parmesan cheese- small container
 - I have all the other ingredients

Link to Recipe: <https://eatfresh.org/recipe/snacks/veggie-tortilla-roll-ups#.YDap2mpKjEp>