

# Roast Beef & Veggie Wrap

## INGREDIENTS

12 oz. **deli-style roast beef**, thinly sliced  
2 cups **shredded broccoli slaw**  
6 Tbsp. reduced-fat or fat-free **ranch dressing**, divided

½ cup reduced-fat or fat-free **cream cheese**, softened  
4 medium **flour tortillas** (8 to 10-inch diameter)

## PREPARATION

❶ Place the broccoli slaw and ¼ cup ranch dressing in a medium bowl. Toss with 2 forks to coat evenly. ❷ Mix the cream cheese and remaining 2 Tbsp. ranch dressing in a small bowl. Stir with a rubber spatula to mix well. ❸ Place 1 tortilla on a cutting board or other flat surface. Spread about 2 ½ Tbsp. of the cream cheese mixture on the tortilla using a rubber spatula. ❹ Place ¼ of roast beef slices in an even layer on top of the cream cheese. ❺ Place approximately ⅓ cup of the broccoli mixture on top of the roast beef. Spread the broccoli mixture in an even layer, using the rubber spatula or back of a spoon. ❻ Starting at the bottom edge, roll tortilla up tightly to enclose filling. To serve, cut each roll diagonally in half. Serves 4.

**Nutrition information per serving** (using Bottom Round): 511 Calories; 135 Calories from fat; 15 g Total Fat (5 g Saturated Fat; 6 g Monounsaturated Fat); 90 mg Cholesterol; 857 mg Sodium; 52 g Total Carbohydrate; 6.2 g Dietary Fiber; 39 g Protein; 5.7 mg Iron; 12.3 mg Niacin; 0.4 mg Vitamin B6; 1.8 mcg Vitamin B12; 5.4 mg Zinc; 48.9 mcg Selenium.

**This recipe is an excellent source of Dietary Fiber, Protein, Iron, Niacin, Vitamin B6, Vitamin B12, Zinc, and Selenium.**



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