

Roast Beef & Veggie Wraps



10-15
MINUTES



MAKES 4
SERVINGS



5
INGREDIENTS

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.

KEY MESSAGES

This recipe is an easy, nourishing lunch box solution for back-to-school. It also makes a fast and easy after school snack.

No cooking required, flexibility on choice of ingredients and a short prep time make this recipe ideal for crazy schedules.

Beef has nutrients, like high quality protein, iron, zinc and B-vitamins, that kids and adolescents need to stay strong and healthy.

This is a No Cook recipe.

Demo Check List

GROCERY LIST

- 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)

EQUIPMENT LIST

- 2 large cutting boards
- 1 serrated knife
- 1 small spreader or rubber spatula
- 2 white dinner plates
- 1 small clear glass bowl
- 1 medium clear glass bowl
- 1 white hero plate
- 2 forks
- Measuring cups
- Measuring spoons

ROAST BEEF & VEGGIE WRAPS

Ingredients

12 oz. cooked or deli-style roast beef , thinly sliced	½ cup reduced-fat or fat-free cream cheese , softened
2 cups shredded broccoli slaw	4 medium flour tortillas (8 to 10-inch diameter)
6 Tbsp. reduced-fat or fat-free ranch dressing , divided	

Introduction

Roast Beef & Veggie Wraps are easy to make for busy days and go great in lunch boxes to help you get where you're going and keep the kiddos nourished.

The nutrients in beef, such as protein, iron and B-vitamins, can help keep you satisfied, build muscle, and fuel a healthy and active lifestyle.

Get the kids involved. Spreading, rolling, & layering are ideal tasks for beginners. It can take up to twenty neutral exposures for a child to accept a food. A neutral exposure may be seeing the food, tasting the food, or touching the food.

DEMONSTRATION

- 1 **Place the broccoli slaw and ¼ cup ranch dressing in a medium bowl. Toss with 2 forks to coat evenly.**
- 2 **Mix the cream cheese and remaining 2 Tbsp. ranch dressing in a small bowl. Stir with a rubber spatula to mix well.**
- 3 **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.**
 - To start, spread cheese evenly over one side of each tortilla. If your little one doesn't like ranch, consider veggie-flavored Greek yogurt dip found in the produce or dairy department. Hummus also works well as a flavorful spread for these wraps.
- 4 **Place ¼ of roast beef slices in an even layer on top of the cream cheese.**
 - You can try flavored deli meat like Cajun or peppered roast beef to spice things up. You can also use leftover pot roast, steak or ground beef in these wraps.

ROAST BEEF & VEGGIE WRAPS

- Ask the deli employees for a low sodium roast beef option. A 2 oz. serving can provide 15 g of protein with only 80mg of sodium.

- 5 **Place approximately ½ 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.**
 - Substitute or add any of your favorite veggies like spinach, corn, shredded carrots or diced tomatoes.
 - Be sure to rinse and dry all veggies to prevent the tortilla from becoming soggy, especially if you're planning to use it for a packed lunch.
- 6 **Starting at the bottom edge, roll tortilla up tightly to enclose filling. To serve, cut each roll diagonally in half.**
 - These wraps can be made ahead of time and stored uncut in the refrigerator for up to 24 hours.

Closing

Eating nutrient-rich food, like colorful fruits and vegetables, low-fat dairy, whole grains and lean beef, helps you get more essential nutrients from fewer calories.

The reason I love to use roast beef is that a 3 oz. serving of lean beef, on average, has only 150 calories and supplies more than 10% of the Daily Value for 10 essential nutrients.

Rather than reaching for energy-dense foods for a snack, whip up this wrap to curb your cravings and keep you full longer.

Roast Beef & Veggie Wraps make a perfectly approachable lunch box item or snack.

Beef delivers protein, iron and zinc that support healthy brain development and function now and for the future.

This is a great recipe to get your kids involved. Research shows when kids help to grow or prepare a meal, they are more likely to eat it. Encouraging them to assist in the kitchen may help lay the foundation for a healthy lifestyle into adulthood.

For more easy, kid & family-friendly meals, visit BeefLovingTexans.com/recipes.