Dinner Tonight!
Carrot Broccoli Wrap

1 can (10 ¾ ounces) Cream of Chicken Soup
¼ cup water
1 Tablespoon lemon juice
¼ teaspoon garlic powder
1/8 teaspoon ground black pepper
2 cups broccoli florets
1 medium carrot, shredded (about ½ cup)
6 whole wheat tortillas

Wash and chop broccoli into florets. Heat all ingredients in a 2-quart saucepan over medium heat until the mixture is hot and bubbling. Remove from heat and let cool. Spoon the mixture onto the tortillas.

Preparation Time: 10 minutes
Cook Time: 5 minutes
Serves: 6
Cost per serving: $1.00

Nutrition facts per serving
Calories: 220
Total Fat: 7 g
Cholesterol: 5 mg
Sodium: 730 mg
Total Carbohydrate: 32 g
Protein: 6 g
Fiber: 3 g