



DESCRIPTION

Roll Ups are a fun way to eat your veggies! Watch as Chef Jenifer Foy shows you how to make this nutritious and delicious lunch time treat.

INGREDIENTS

- 5 9-inch tortillas
- 8-ounce package cream cheese
- 1/4 cup sliced green onion
- 1/4 cup chopped black olives
- 1/2 cup chopped bell pepper-green, red, yellow
- tomato salsa (optional)

DIRECTIONS

1. Have the tortillas at room temperature. Soften the cream cheese and spread on the tortillas, dividing evenly.
2. Sprinkle the vegetables evenly over the tortillas. Roll each up tightly and wrap with plastic wrap. Refrigerate at least 3 hours.
3. To serve, cut in diagonal slices about 3/4 inch thick. If desired, serve with tomato salsa.