



United States Department of Agriculture
What's Cooking? USDA Mixing Bowl

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"Underwater Wheels" Rice and Veggie Roll-ups

Makes: 12 or 48 Servings

Ingredients	12 Servings		48 Servings	
	Weight	Measure	Weight	Measure
Tortillas, whole wheat, 8"		12		48
Spinach leaves		1 cup		4 cups
Carrots, grated		1-1/2 cups		6 cups
Cucumber, cut into strips		1 cup		4 cups
Soy sauce		1/4 cup		1 cup
Rice, white, short grain		1 cup		4 cups

Directions

1. Cook rice as directed on box.
2. Warm each tortilla in microwave oven for about 10 seconds.
3. Place about 4 spinach leaves in middle of tortilla, followed by 1-1/2 Tbsp of rice.
4. Combine carrots and cucumbers. Place about 1/3 cup of mixture on rice.
5. Fold bottom up and roll from one side to the other.
6. Serve with soy sauce for dipping.

Notes

Serving Tips:

Try making these with brown rice or fish fillets for a whole new recipe!

My Notes

Source: Improving Nutrition & Physical Activity Quality in Delaware Child Care, Team Nutrition Delaware

Nutrition Information

Nutrients	Amount
Calories	112
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	N/A
Sodium	360 mg
Total Carbohydrate	24 g
Dietary Fiber	1 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	3 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available