



Pizza Roll-Up Bento Lunch

INGREDIENTS

- 1 8-inch whole-wheat flour tortilla
- 2 tablespoons prepared pizza sauce
- 12 leaves baby spinach
- 3 tablespoons part-skim mozzarella, shredded
- ½ cup cucumber spears
- ½ cup cauliflower florets
- 2 tablespoons low-fat creamy dressing, such as Ranch
- 1 cup small watermelon pieces
- 6 chocolate wafer cookies

PREPARATION

Place tortilla on a plate and spread pizza sauce over it. Top with an even layer of spinach and sprinkle cheese on top.

Microwave on high until the cheese is just melted, about 45 seconds. Carefully roll up the tortilla. Let cool for 10 minutes before slicing into pieces, if desired. Pack the slices in a medium container.

Pack cucumber and cauliflower in another medium container. Nestle a small, dip-size container among the vegetables and add dressing.

Pack watermelon in one small container and cookies in another small container.

SERVES 1

ACTIVE TIME 15M

TOTAL TIME 15M

NUTRITION FACTS

Calories	416
Total Fat	11g
Saturated Fat	2g
Monounsaturated Fat	1g
Cholesterol	14mg
Sodium	709mg
Carbohydrates	65g
Dietary Fiber	6g
Total Sugars	N/A
Added Sugars	N/A
Protein	16g
Potassium	415mg



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