

## **Veggie Burritos with salsa**

16 oz broccoli florets

3 ea carrots, large, shredded

10 oz spinach, fresh, chopped

1 ea red bell pepper

1 8 oz pkg cream cheese

1 Tbl milk

1 Tbl ranch dressing mix

2.5 cups salsa

10 ea 10" whole wheat tortillas, room temperature

Process broccoli florets until finely chopped. Transfer to bowl and add carrots and spinach.

Pulse red peppers to fine dice. Transfer to bowl with the rest of the vegetables and combine vegetables thoroughly.

Soften and whip cream cheese with the milk and ranch dressing mix with hand mixer.

Fold vegetables into the cream cheese until well combined.

Tortillas should be at room temperature and soft enough to roll.

Place a half cup of vegetable mixture on the lower half of a tortilla. Fold up the lower edge and bring the sides of the tortilla together until they just touch; roll tightly.

Variation: Add a ripe avocado and a teaspoon of lemon or lime juice to the cream cheese mixture.