

Veggie Tortilla Roll - The Easy, Fresh Dinner You'll Crave Weekly

Veggie Tortilla Roll - Easy Dinner



TIME
10 min

PRINT
Recipe Card

SAVE
PDF

SOURCE
ChefManiac

INGREDIENTS

- 1 large flour tortilla
- 2-3 tablespoons cream cheese or hummus
- ½ cup mixed veggies (sliced cucumber, shredded carrot, lettuce)

DIRECTIONS

- Step 1: Spread**Lay your tortilla flat and evenly spread cream cheese or hummus over the entire surface, leaving about ½ inch around the edges.
- Step 2: Layer the Veggies**Add sliced cucumber, shredded carrot, and lettuce in an even layer. Don't overfill-it makes rolling harder.
- Step 3: Roll Tightly**Starting from one end, roll the tortilla tightly to keep everything secure.
- Step 4: Slice**Cut the roll in half for a simple wrap-or slice into pinwheels for a party-ready presentation.
- Step 5: Enjoy**Eat fresh for maximum crunch or lightly toast in a skillet for 1-2 minutes per side for a warm, slightly crispy finish.

SWAPS & NOTES

One of the best parts about this recipe is how adaptable it is.

Try grilled chicken, turkey slices, or even chickpeas.

If you're craving something heartier, you could even serve this alongside a warm dish like [This Mexican Chicken and Rice Casserole](#) Is My Favorite One-Pan Dinner That's Always a Hit for a balanced dinner spread. ???

TIPS FOR SUCCESS

Too many veggies will cause tearing.

Dry your veggies after washing-excess moisture can make the wrap soggy.

Use room-temperature cream cheese for easier spreading.

If meal prepping, keep wetter veggies (like tomatoes) separate until ready to eat.

