



Tortilla Wrapped Cheese Sticks



Makes 6 servings

Ingredients

- 6 6-inch whole grain tortillas
- 18 fresh basil leaves
- 6 cheese sticks
- 3 tablespoons canola oil
- ¾ cup pizza sauce

Directions

1. Place 3 basil leaves near the tortilla edge closest to you.
2. Place a cheese stick on top of the basil leaves. Roll tortilla.
3. Heat 2 tablespoons of oil in a large skillet. Place wrapped cheese sticks in the skillet, seam side down. Roll wraps in skillet to brown evenly. Add more oil if needed.
4. Enjoy with 2 tablespoons warm pizza sauce.

*Option not included in nutrition facts.



KID-FRIENDLY



TIP

Add a salad or bowl of soup, and a glass of milk for a complete meal.*

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Nutrition Facts

Serving Size 1 wrapped cheese stick and 2 tablespoons pizza sauce (96g)
Servings Per Container 6

Amount Per Serving

Calories 240 Calories from Fat 140

% Daily Value*

Total Fat 15g 23%

Saturated Fat 4g 20%

Trans Fat 0g

Cholesterol 15mg 5%

Sodium 550mg 23%

Total Carbohydrate 16g 5%

Dietary Fiber 9g 36%

Sugars 1g

Protein 12g

Vitamin A 10% • Vitamin C 6%

Calcium 20% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Recipe contains: wheat, milk
Carb choices per serving: 1