

Roast Beef and Veggie Wrap



IT'S WHAT'S FOR DINNER.[®]

Rebecca Gamble, Ohio Beef Queen

Eighteen-year-old Rebecca Gamble is the 2003 Ohio Beef Queen. She is the daughter of Chuck and Diana Gamble and will be a freshman at The Ohio State University this fall majoring in human development and family science (elementary education).

Rebecca has participated in 4-H for 10 years and shows steers and market hogs. She was very involved in her high school and looks forward to becoming very active in her college experience, especially in her scholar's program — Tomorrow's Teachers.

Megan Kiesel, Ohio Beef Ambassador

Megan Kiesel, the 2003 Ohio Beef Ambassador, is the 18-year-old daughter of Scott and Stacey Kiesel. As a senior at New Riegel High School, Megan was involved in volleyball, basketball, softball, show choir and spring musical. She also served as the FFA treasurer, MAL leadership president and 4-H vice president. As an inspiring veterinarian, Megan will be attending The Ohio State University Agricultural Technical Institute in the fall to major in livestock science and plans to later attend The Ohio State University School of Veterinary Medicine.

Serves 4

- 12 ounces (16 slices) deli roast beef, thinly sliced
- 2 cups shredded broccoli slaw or cole slaw mix
- ¼ cup prepared ranch dressing
- 1 8-ounce container whipped cream cheese*
- 2 tablespoons prepared ranch dressing*
- 4 10-inch flour tortillas

Place broccoli slaw and ¼ cup ranch dressing in medium bowl. Toss with 2 forks to coat evenly. Place cream cheese and 2 tablespoons ranch dressing in small bowl. Stir with spoon or rubber spatula; mixing well. Place 1 tortilla on cutting board or other flat surface. Spread approximately ¼ cup cream cheese mixture on tortilla using table knife or rubber spatula. Place 4 roast beef slices in even layer on top of cream cheese. Place ½ cup broccoli mixture on top of roast beef. Spread broccoli mixture out in even layer, using back of spoon. Starting at bottom edge, roll tortilla up tightly to enclose filling. Repeat steps to make a total of 4 wraps

Using a knife, cut wraps crosswise into 1½-inch wide pieces or cut diagonally in half.

**Note: To lower the calories and fat in this recipe use lowfat cream cheese and lowfat ranch dressing.*

**Suggested OHIO PROUD Wine:
Klingshirn Chambourcin**