

# Cheesy Roll Ups



Preparation Time: 5 minutes  
Ready In Time: 20 minutes  
Serves: 1

## Essential Equipment

Measuring spoons  
Small knife  
Cutting board  
Baking sheet



## Gather Ingredients

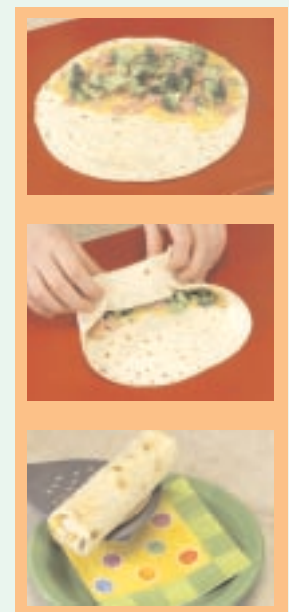
2 Tbsp. *Cheez Whiz* Spread  
1 flour tortilla  
1 slice deli ham  
1/2 cup broccoli

## Do This First

Wash a few handfuls of broccoli.  
Preheat oven to 375°F.

## Simple Steps

- 1 Place 2 Tbsp. *Cheez Whiz* spread on the bottom half of a flour tortilla.
- 2 Chop ham and broccoli into bite sized pieces and place on top of the *Cheez Whiz*.
- 3 Fold bottom and sides of tortilla over filling and roll up.
- 4 Bake at 375°F for 15 minutes or until crisp and golden.



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