

TURKEY WRAPS

PREP TIME: 10 min
COOK TIME: n/a
SERVINGS: 2
SERVING SIZE: 1/2 wrap



INGREDIENTS

- 1 whole wheat tortilla
- 3 slices deli style turkey
- 2 tablespoons chopped fresh spinach or lettuce
- 2 tablespoons shredded carrots
- 1 tablespoon shredded cheese, or one slice of cheese
- 1 tablespoon low fat cream cheese
- 1 teaspoon low fat ranch dressing

DIRECTIONS

1. Place cream cheese and ranch dressing in a small bowl. Stir to combine.
2. Spread a thin layer of the cream cheese/ranch mixture completely covering all of the tortilla.
3. Place turkey, spinach, carrots, and cheese on 1/2 of the tortilla.
4. Roll the tortilla tightly and slice in half. Enjoy!



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