

Turkey-Veggie Wrap

This all-in-one meal combines plenty of protein and veggies wrapped in a fiber-filled tortilla, and a great way to use up any leftover cooked vegetables.

Approximate preparation time: 5 minutes.

Ingredients

- 1 8-inch whole wheat flour tortilla
- 2 Tablespoons low fat salad dressing, low fat mayonnaise or prepared hummus
- 4 ounces sliced turkey breast (or any lean protein such as cooked chicken, lean beef, tuna)
- 2 cups chopped lettuce
- Sliced tomato and onion
- Chopped cooked or raw vegetables (such as broccoli, peppers, celery, green beans)

Spread tortilla with dressing, mayonnaise or hummus. Arrange turkey slices to cover the surface of the tortilla, then top with lettuce, tomato, onion and vegetables. Roll into a cylinder and cut in half to serve. Makes 1 serving.

Nutrition information per serving:

380

Calories

41g

Protein

37g

Carbs

5g

Fat

6.5g

Fiber

Used this recipe?
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