



Turkey Wrap

INGREDIENTS:

- 4 whole-wheat or whole-grain tortilla (8-inch)
- 2 cups lettuce or leafy greens
- 1 small cucumber
- 1 red bell pepper or tomato
- ½ pound sliced low-sodium turkey breast
- ¼ cup low-fat ranch dressing

DIRECTIONS:

1. Wash hands with soap and water. Gently wash lettuce under running water and pat dry. Wash cucumber and pepper/tomato under cold running water. Thinly slice.
2. Spread ranch dressing onto tortilla, staying one inch from edge.
3. Layer with turkey and vegetables. Roll tortilla tightly.
4. With a sharp knife, slice in half and serve.

Source: Cooking with Extension / **Yield:** 8 servings | 120 Calories per serving. Total fat 3g; Total carbohydrate 15g; Dietary fiber 3g, Sodium 428mg.