



Turkey & Veggie Wrap

Ingredients

- 2 - 8-inch whole wheat tortillas
- 1/2 cup Boursin cheese OR
- 1/2 cup low fat, herb-flavored cream cheese
- 8 ounces turkey, thinly sliced
- 1 medium carrot, peeled and grated
- 1 cup watercress, arugula or Romaine lettuce

Directions

Spread cheese evenly over the tortillas. Lay the turkey slices on top of the cheese and sprinkle with carrots and watercress. Roll up the bread tightly to create a log shape. Wrap tightly in plastic wrap and refrigerate for up to 12 hours. Just before serving, slice each log in half at a slight diagonal.

Servings: 4

Calories/Serving: 209

Nutrition: One serving provides approximately (using cream cheese and lettuce): 16 g protein, 18 g carbohydrate, 1 g fiber, 8 g fat (4 g saturated), 39 mg cholesterol, 30 mcg folate, 2 mg iron, 756 mg sodium.

