

Turkey Wrap

This delicious wrap sandwich is a great supportive snack or lunch. It should be made right before eating to prevent it from getting soggy. To make it ahead or 'to-go', pack the tomato and cucumber separately and add them to the sandwich right before eating.



Prep Time: 15 minutes

Servings: 4

Ingredients

- 4 large whole-wheat tortillas
- 1 small head romaine lettuce, washed & patted dry
- $\frac{3}{4}$ pound sliced turkey breast
- 2 tomatoes, thinly sliced
- 2 Kirby cucumbers
- $\frac{1}{2}$ cup pesto (store bought)

Preparation

1. In the center of each tortilla, layer some lettuce, turkey, tomato, and cucumber.
2. Spread the pesto over the top and roll like a burrito.

Servings per Recipe: 4

Nutrition (per serving): 255 calories, 4g total Fat, 41mg cholesterol, 711mg sodium, 26g total carbs, 5g fiber, 24g protein

Recipe from RealSimple.com, July 2007