

SANDWICH WRAPS



Makes 1 wrap
Serving Size: 1 wrap

Start with a whole wheat tortilla

Choose 1 tablespoon of a spread

- Low-fat mayonnaise
- Low-fat salad dressing
- Mustard
- Low-fat sour cream
- Hummus

Choose 1 ounce of meat

Leftovers such as ground beef, roasted chicken, turkey, or roast beef are great or use sandwich meats like ham or turkey (look for low-fat/low-sodium varieties).

Choose 1/4 cup chopped, sliced, or shredded fresh vegetables

Use one vegetable or mix a few together to equal 1/4 cup.

- Cucumbers
- Carrots
- Slaw mix
- Tomatoes
- Onions
- Lettuce
- Green peppers
- Celery
- Spinach




Choose 1/4 cup grated or 1 slice of cheese

- Low-fat cheddar
- Low-fat American slices
- Part-skim Mozzarella

Directions

1. Coat one side of the tortilla with the spread.
2. Add the meat as the second layer.
3. Toss on the vegetables.
4. Add the cheese as the final layer.
5. Roll up. May be eaten cold or heated in a microwave or toaster oven until the cheese melts. Secure with a toothpick before heating.

Nutrition information Per Serving

258 calories		
Total fat	11 g	 Good source of Calcium
Saturated fat	2 g	
Protein	16 g	 Good source of Iron
Total carbohydrate	28 g	
Dietary Fiber	2 g	 Good source of Vitamin A
Sodium	790 g	

Nutrition information for wrap made with low-fat mayonnaise, lettuce, fat-free turkey lunchmeat, chopped cucumbers and carrots, and part-skim Mozzarella cheese.



Eat Smart

