Easy Turkey Wraps

TOTAL TIME: 20 MINUTES  SERVES 3
HANDS ON TIME: 20 MINUTES

Ingredients

- 3 (8-inch) Whole wheat flour tortillas
- 3 Kraft Singles, American
- ¼ head lettuce
  - Can be romaine, spinach, kale, or iceberg
- 6 ounces sliced deli-style turkey, extra lean
- ½ cup shredded carrots
- ½ cup diced tomatoes
  - Can be canned or fresh tomatoes

Optional: Instead of diced tomatoes, you can substitute it with pico de gallo
Try adding jalapeno strips for an extra kick and/or creamier by adding avocados

Directions

1. Begin by placing one layer of cheese over each whole wheat tortilla.
2. Wash, drain and pat dry lettuce leaves. Now evenly top each cheese with the lettuce leaves.
3. Next, arrange the turkey slices in even layers on top of each lettuce.
4. Sprinkle the carrots and tomato (or pico de gallo) over the turkey slices
5. Roll the whole wheat tortillas into a wrap. Cut the wrap in half, diagonally, and secure with toothpicks
6. Serve on a dish and enjoy the wrap!

Recipe provided by “allrecipes.com”
**Diet Tips and Facts**

- Good source:
  - Calcium
  - Iron
  - Vitamin A
  - Potassium
  - Vitamin C

- Adequate calcium throughout life, as part of a well-balanced diet may reduce the risk of osteoporosis

**Nutrition Facts**

Serving size: 1 Wrap (184 grams)
- Calories: 305 (from Fat: 91)
- Total Fat: 10g
  - Saturated Fat: 5g
  - Trans Fat: 0g
- Cholesterol: 24mg
- Sodium: 849mg
- Total Carbohydrate: 40g
  - Dietary Fiber: 6g
  - Sugars: 5g
- Protein: 13g

**Food Safety Reminder**
Remember to wash your hands often with soap and water while preparing food, and again before eating your meal. Cut away any damaged or bruised areas on fresh fruits and vegetables before preparing and/or eating. Produce that looks rotten should be discarded.

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How can we help YOU? TORC is a leading institution in the field of obesity research, as well as offering education and community service to those in need. Check our website for more healthy recipes.

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