

TURKEY 'N STRING CHEESE WRAP

Serves: 1

Nutrition (per serving)

Calories: 184

Total Fat: 8 g

Saturated Fat: 3 g

Sodium: 542 mg

Total Carbohydrate: 14 g

Dietary Fiber: 3 g

Total Sugars: 2 g

Protein: 14 g



Ingredients

- 1 (6 inch) soft-shell tortilla, whole-grain
- 1 Tbsp garden veggie cream cheese
- 3-4 baby spinach leaves (or any lettuce leaf)
- 1 oz thin shaved turkey (ham, chicken, or lean beef)
- 1 string cheese

Directions

1. On a clean flat surface, spread cream cheese on soft-shell.
2. Tear spinach. Layer meat.
3. Place string cheese at one end and roll it up jelly-roll style.
4. Cut in half. Enjoy.



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