

Turkey Wraps with Fresh Tomatoes



Recipe Courtesy Chef Bryan Woolley

Whole Wheat Tortillas:

2 cups whole wheat flour
1 cup white flour
1 tsp salt
2 tsp baking powder
1/3 cup applesauce
1 cup water

1. In a large bowl combine the whole wheat flour, white flour, salt and baking powder. Use whisk to combine dry ingredients.
2. Add the apple sauce and mix together.
3. Add enough water to pull the mass into a soft dough. Knead for about 3-5 minutes.
4. Cover dough with a damp cloth and let rest for about 10 minutes.
5. Divide dough into 12 pieces.
6. On medium-high, pre-heat a large flat-bottomed non-stick skillet on the stove.
7. On a floured surface, roll each piece out to about 1/8 inch thickness.
8. Cook each side of the tortilla in the skillet until it begins to turn brown. Repeat until all tortillas are cooked.

Filling:

4 three-ounce portions of sliced, roasted turkey breast*
2 tomatoes, sliced thin
8 slices Swiss cheese
1 cup spinach leaves, washed and dried
Fat-free mayo
Dijon mustard
Lightly salt and pepper to taste

1. Lay out four freshly-made tortillas.
 2. Spread one Tbsp fat-free mayo and 1 tsp mustard on each tortilla.
 3. Divide remaining sandwich ingredients between each tortilla.
 4. Salt and pepper to taste.
 5. Roll turkey wraps and serve with fresh fruit. Enjoy!
- Serves 4

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Nutrition Facts

Serving Size – 1 filled tortilla wrap
Calories 370
Total Fat 11g
Saturated Fat 6g
Cholesterol 75mg
Sodium 700mg*
Carbohydrate 40g
Dietary Fiber 4g
Sugars 4g
Protein 36g

Diabetic Exchanges

Protein 5
Carbohydrates 2.5
Fat 2

*Processed deli turkey will have a much greater amount of sodium