



Turkey Wraps with Fresh Tomatoes

Serves 4

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 applesauce 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 in 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!

Nutritional Analysis

Serving Size: 1 tortilla wrap

Calories	370
Fat	11g
Saturated Fat	6g
Cholesterol	75mg
Sodium	700mg*
Carbohydrates	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