

Touchdown Tortilla Wraps

Many supermarkets feature an assortment of flavored tortillas. To vary these hearty meat-and-cheese bundles, try making them with spinach, tomato, or herb-seasoned wraps.

SERVINGS: 6 servings

CARB GRAMS PER SERVING: 10

Ingredients

3 7- or 8-inch flour tortillas

½ of an 8-ounce tub light cream cheese with chive and onion or roasted garlic

18 to 24 fresh basil leaves

½ of a 7-ounce jar roasted red sweet peppers, well drained and cut into ¼-inch-wide strips

4 ounces thinly sliced cooked roast beef, ham, and/or turkey

1 tablespoon low-fat mayonnaise dressing or light salad dressing

Directions

1. Spread each tortilla with one-third of the cream cheese. Cover cream cheese with a layer of basil leaves, leaving a 1-inch border. Arrange roasted red peppers on basil leaves. Top with sliced meat. Divide mayonnaise among tortillas, spreading over meat.
2. Roll up each tortilla tightly into a spiral. Cut each tortilla roll in half crosswise. Wrap in plastic wrap; chill for up to 4 hours. Tote in an insulated cooler with ice packs.



Nutrition Facts

Servings: 6

Calories 135

Total Fat 6g

Saturated Fat 3g

Monounsaturated Fat 1g

Cholesterol 24mg

Sodium 186mg

Carbohydrate 10g

Total Sugar 2g

Fiber 1g

Protein 3g

Diabetic Exchanges

Starch (d.e.) .5

Lean Meat (d.e.) 1

Fat (d.e.) .5