

Healthy Options Recipe

Turkey and Vegetable Wrap

Ingredients:

- 1 whole wheat tortilla
- ¼ of a tomato (chopped)
- ¼ of a green bell pepper (chopped)
- ½ cup of shredded lettuce (any variety)
- 4 slices of cucumber
- 2 slices of turkey meat (deli)
- 1 Tbsp of fat-free Ranch dressing (or less, depending on preference)

Directions:

Spread desired amount of Ranch dressing over one side of Tortilla. Build on the meat and then vegetables. Roll up like a burrito. If desired, put in toothpicks in to hold it together. Enjoy as a snack or lunch!

This recipe is provided by SHS Wellness Programs.

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