

Turkey Veggie Wraps

Makes 4 wraps

Total time: 15 minutes

2 cups chopped smoked turkey breast (or 8 slices)

2 cups salad greens

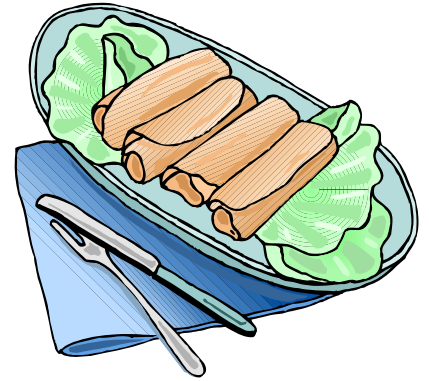
1/2 cup fresh corn (about 1 ear)

1/2 cup chopped red bell pepper

1/4 cup thinly sliced green onions

3 tablespoons light ranch dressing

4 (8-inch) flour tortillas



1. Toss all ingredients except the tortillas in a large bowl
2. Warm tortillas in microwave for 5-10 seconds on medium power
3. Scoop about 1 cup of the turkey mixture onto each tortilla and roll them up!
4. Cut in half diagonally.

NUTRITION PER SERVING

CALORIES 252(26% from fat); FAT 7.2g (sat 1.2g,mono 2.3g,poly 3.3g); PROTEIN 18.2g;
CHOLESTEROL 32mg; CALCIUM 76mg; SODIUM 741mg; FIBER 3g; IRON 2.4mg; CARBOHYDRATE
29.8g