



Turkey Cranberry Wrap

Servings 1 | Prep time 15 mins. | Total time 15 mins.

Equipment: Cutting board, Measuring cups and spoons

Utensils: Knife

Ingredients

- 1 large 8 inch whole-wheat tortilla wrap
- 2 tablespoons low-fat cream cheese
- 2 tablespoons dried cranberries
- 1/2 apple, cored and sliced 1/8 inch thick
- 2 ounces sliced deli turkey
- 2 tablespoons chopped red onion
- 1/2 cup fresh baby spinach

Instructions

1. Before you begin wash your hands, surfaces, utensils, fruits, and vegetables.
2. Lay tortilla on clean surface.
3. Spread cream cheese over the tortilla. Top with dried cranberries and sliced apple.
4. Layer turkey on top of fillings. Sprinkle with chopped red onion. Top with spinach and any additional toppings.
5. Roll wrap tightly into a cylinder, beginning at the bottom and tucking in the sides as you go. Cut in half and serve.

Nutritional Information:

Calories 360 Total Fat 10g Sodium 1100mg Total Carbs 56g Protein 17g