



# Turkey Bacon Lettuce and Tomato (TBLT)

Servings 3 | Prep time 5 mins | Total time 5 mins.

**Equipment:** Medium bowl

**Utensils:** Stirring spoon, Measuring cups and spoons

## Ingredients

- 2 1/2 cups lettuce, chopped (such as romaine, mixed salad greens, kale or spinach)
- 1 small tomato, chopped
- 1 bell pepper, chopped
- 1 small avocado, chopped
- 1 tablespoon light ranch dressing, OR 1 tablespoon dressing of choice
- 6 slices lean turkey bacon, cooked OR 6 slices turkey lunch meat
- 3 whole wheat tortilla

# Instructions

1. Before you begin, wash your hands, surfaces, utensils, and produce.
2. In a medium bowl, add lettuce, tomatoes, bell pepper, avocado, and dressing. Stir to combine.
3. Add 2 slices of turkey (bacon or lunch meat) to the center of each tortilla.
4. Put an even portion of lettuce mixture from bowl onto center of each tortilla. Wrap like a burrito.

## Nutritional Information:

Calories 280 Total Fat 12g Sodium 650mg Total Carbs 33g Protein 12g