



Turkey Cranberry Wrap

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

Equipment:

Cutting board

Utensils:

Measuring cups and spoons

Ingredients

- 1 large whole wheat tortilla
- 2 tablespoons reduced fat cream cheese
- 2 tablespoons reduced sugar dried cranberries
- 1/2 apple, cored and thinly sliced
- 2 ounces sliced oven-roasted turkey breast
- 2 tablespoons chopped red onion
- 1/2 cup fresh baby spinach

Instructions

1. Before you begin, wash your hands, surfaces, utensils, and produce.
2. Place tortilla on a plate. Spread cream cheese over tortilla and top with dried cranberries and sliced apple.
3. Layer turkey on top of fillings. Sprinkle with chopped red onion. Top with spinach and any additional toppings.
4. To tightly roll wrap, tuck 2 inches on each side inward toward center. Then grip the bottom, untucked side of the tortilla and roll forward. Cut in half and serve.

Nutritional Information:

Calories 380
Total Fat 11g
Sodium 920mg
Total Carbs 59g
Protein 16g