

Wraps Your Way



1 10-inch whole wheat tortilla

1 tsp spread (low fat mayonnaise or ranch dressing or vegetable dip)

½ cup shredded, sliced or chopped vegetables

1 oz sliced meat or egg or ¼ cup tuna or ¼ cup refried beans

1 Tbsp shredded mozzarella or other cheese

1. Mix the spread and the vegetables together.
2. Spread vegetable mixture on tortilla.
3. Spoon on the protein and sprinkle on the cheese.
4. Roll up and eat. Or wrap in waxed paper and heat in microwave for 30 seconds to melt cheese.