

Wraps Your Way

Serves 1 | Serving size: 1

Ingredients Needed:

- 1 teaspoon spread (low-fat mayonnaise, dressing, mustard, hummus, or mashed avocado)
- 1/2 cup vegetables, shredded, sliced, or chopped (lettuce, tomato, slaw mix, cucumber, onion, carrot)
- 1 (8-inch) whole wheat tortilla
- 1 ounce cooked sliced chicken or beef, 1/4 cup tuna, 1 hard-cooked egg, or 1/4 cup refried beans
- 1 tablespoon shredded cheese



Directions:

1. Mix the spread and the vegetables together.
2. Spread the meat, egg, or beans on the tortilla.

3. Spoon vegetable mixture on and sprinkle with the cheese.
4. Roll up and eat or wrap in a paper towel and heat in the microwave for 30 seconds to melt the cheese.

Tips:

- 1 ounce of meat is about $\frac{1}{3}$ the thickness of a deck of playing cards.
- This recipe's nutrition facts are based on using low-fat mayonnaise and white chicken meat.