



Veggie Wraps

SERVES: 4

PREP TIME: 10 min.

COOK TIME: 5 min.

Ingredients:

- 4 large radishes
- 1 small carrot
- 1 cup salad greens
- 1 lemon
- 2 slices low-fat Swiss or cheddar cheese
- 5 slices of roasted turkey
- 1 large, ripe avocado
- 3, 8 inch whole wheat flour tortillas



Directions:

1. Peel radishes and carrots into long strips, or cut into thin pieces.
2. Slice avocado lengthwise. Remove pit. Scoop avocado out of shell, into a bowl, and mash with a fork. Add a little lemon juice and mix.
3. Place tortilla on cutting board and spread avocado mixture. Add greens, peeled radish and carrots, cheese, and turkey. Roll tortilla in a log shape and cut into four “pinwheels”.
4. Repeat these instructions with the next two tortillas.

Source: CookingMatters.org