

## TURKEY TORTILLA ROLLUPS

*Looking for a quick bite to eat? These rollups up are easy, versatile, and a huge crowd pleaser... even picky eaters love them. They can be made in advance and stored in your refrigerator up to 24 hours, and they work perfectly in lunch boxes for kids and adults alike! Have fun choosing your favorite ingredient combination!*

Yield= 1 rollup

### Ingredients

1 flour **tortilla**

1-2 tablespoons reduced fat **cream cheese**, depending on size of tortilla

1 slice **deli-style turkey** (low sodium, if possible)

2 tablespoons **shredded cheese**

2 **lettuce** leaves

### Instructions

1. Spread cream cheese on tortilla. Be sure to spread cream cheese to the edge of tortilla, as it acts like a "glue" to keep the rollup together.
2. Layer remaining ingredients and roll up tightly, jelly-roll style. Serve as a full "wrap" or slice horizontally into smaller pinwheel rolls. Eat now or wrap tightly in plastic wrap and store in the refrigerator for up to 24 hours.

### Optional add-in's or substitutions:

Use a whole wheat tortilla or spinach wrap instead of a flour tortilla.

Spread 1-2 tablespoons of salsa or creamy ranch/Italian dressing onto the cream cheese layer.

Substitute spinach, arugula, or other dark leafy green for the lettuce.

Add thinly sliced cucumbers and/or tomatoes or sprinkle olive slices on top of cream cheese.

Try a rollup with peanut butter and banana slices as a sweet alternative to the turkey/cheese option.

Per Serving- Calories 265, Saturated Fat 4.7g, Sodium 730mg, Total Sugars 3.4g



Recipe featured in the January 2021 issue of Beyond Hunger's Nutrition Newsletter