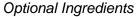
## Veggie Wraps

Serves 4, 3 pinwheels each Prep time: 15 minutes Cook Time: None

## Ingredients:

- 4 Large radishes
- 1 Small Carrots
- 1 Cup salad greens
- 3 Sprigs fresh herbs (parsley, dill, cilantro, or combination)
- 1 Lemon
- 2 Ounces low-fat Swiss or cheddar cheese
- 1 large, ripe avocado
- 1/4 Cup nonfat plain yogurt
- 3 (8-inch) Whole wheat flour tortillas.



5 Ounces thinly sliced roasted turkey



## **Directions:**

- 1. Scrub and rinse radishes and carrots. Rinse salad greens. Pat all veggies dry.
- 2. Use a vegetable peeler to peel radishes and carrots into long, thin strips. In a medium bowl. Collect veggie strips.
- 3. Rinse herbs. Pluck leaves off stems. Tear leaves into smaller pieces.
- 4. Rinse lemon. Zest using the small holes of a box grater. Cut in half and remove seeds.
- 5. Grate cheese.
- 6. Slice avocado lengthwise. Remove pit. Scoop avocado out of shell.
- 7. In a small bowl, use a fork to mash avocado. Stir in yogurt.
- 8. Squeeze a little lemon juice onto avocado mixture. Add herbs and a pinch of lemon zest. Stir.
- 9. Warm 1 tortilla in the microwave for 30 seconds, or longer as needed.
- 10. Place the warm tortilla on a cutting board. Spread 1/3 avocado mixture over center of tortilla. Layer with 1/3 greens, 1/3 grated veggies, and 1/3 grated cheese. If using turkey, add 1/3 turkey now. Squeeze more lemon juice over the mixture.
- 11. Roll tortilla and toppings into a log shape. Use a knife to slice wrap into four "pinwheels"
- 12. Repeat process for the other 2 tortillas. You will end up with a total of 12 pinwheels.