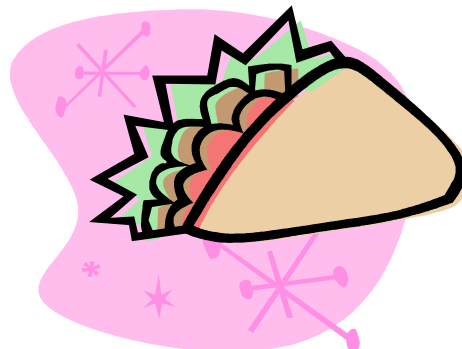


**Basic recipes – add other healthy ingredients to create your “signature” version, such as fresh veggies and herbs, flavored vinaigrettes, mustards, and flavored wraps.**

## Turkey, Mozzarella and Basil Wrap

### Ingredients:

2 small (6-inch) whole-grain tortillas  
3 ounces turkey  
1 slice part-skim mozzarella cheese (1 oz)  
1/4 cup chopped fresh basil



### Directions:

Fill tortillas with turkey, cheese and basil.

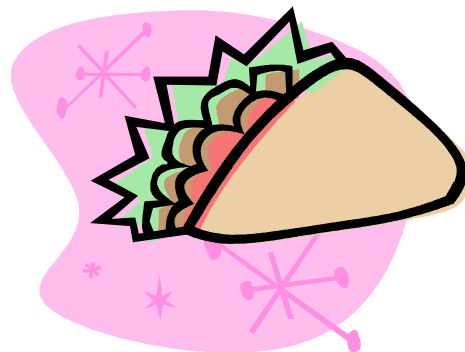
*Increase fiber by including a fresh apple or fresh vegetable sticks and fat-free dressing with your wrap.*

**Per recipe (2 wraps):** 314 calories, 22g protein, 10g fat, 33g carbohydrate, 4g fiber

## Smoked Turkey Tortilla Wrap

### Ingredients:

1 large (10-inch) whole-grain tortilla  
2 oz smoked turkey breast, cut into thin strips  
2-3 slices avocado (1/4 avocado), peeled and cubed or sliced  
1 tbsp reduced-fat or fat-free sour cream  
2 tbsp shredded reduced-fat Cheddar cheese  
1/2 c shredded romaine lettuce (*optional*)



### Directions:

Arrange turkey strips on top of tortilla. Top turkey with avocado, sour cream, and lettuce. Roll up and slice in half diagonally. Wrap in plastic to “brown bag” it to work.

*Good slightly warmed in the microwave. Serve with salsa and a piece of fresh fruit.*

**Per wrap:** 324 calories, 16g protein, 11g fat, 41g carbohydrate, 7.5g fiber