



Turkey, Spinach & Apple Wrap

1 tbsp.	Reduced-fat mayonnaise
2 tsp.	Honey mustard (or regular mustard with a touch of honey)
2	Whole wheat flour tortillas
2 cups	Baby spinach leaves OR 2 cups dark green leafy lettuce
4 slices	Turkey breast
¼	Granny Smith apple, sliced very thin

Makes 2 Wraps

- Combine mayonnaise and mustard. Spread on each wrap.
- Place spinach or lettuce on wraps and top turkey.
- Evenly divide apple slices and layer across turkey.
- Roll wrap as tightly as possible.
- Cover each wrap in plastic wrap and refrigerate, seam side down.

Recipe Adapted from American Institute for Cancer Research

Nutritional Information:

Calories 184

Total Fat: 4.68g

Saturated Fat: 1.02g

Carbohydrate: 22.94

Dietary Fiber: 4.02g

Protein: 14.13g

Sodium: 294mg