

Turkey Salad Wraps

Makes 4 servings



Ingredients

- 4 large tortillas
- 1 cup of tomato sauce
- 1 cup of mild salsa
- ½ lb of spinach leaves
- ½ lb of turkey breast-thinly sliced
- 1 red pepper - thinly sliced
- 1 red onion - thinly sliced
- 1 small zucchini - thinly sliced
- 2 cups of mozzarella cheese
- 2 cups of parmesan cheese

Directions

- ☞ Preheat oven to 350 F. Arrange tortillas on sheet pan.
- ☞ Brush with tomato sauce & spoon over with salsa. Layer remaining ingredients & top with cheese.
- ☞ Place in oven for about 5 minutes - just until cheese melts
- ☞ Fold in sides of tortillas, roll tightly & pierce with toothpick. Allow to cool for 5 minutes.
- ☞ For appetizers, cut into 4 portions

Nutrients (approximately)

557 Calories per serving,
Fat 23.7g, Saturated Fat 13g, Cholesterol 69mg, Sodium 968mg,
Carbohydrates 15.2g, Fiber 1.6g, Sugars 7.9g, Protein 34.9g

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