



The Kids Love These!

Turkey Tortilla Roll-ups

Makes
15 servings

Ingredients:

3 eight-inch whole-wheat tortillas
4 tablespoons garden vegetable cream cheese (½ less fat)
½ pound deli shaved turkey breast
¾ cup shredded lettuce
¼ cup shredded Colby and Monterey Jack cheese



Directions:

1. Spread tortillas with cream cheese.
2. Lay turkey on tortilla and then sprinkle with cheese and lettuce.
3. Tightly roll up the tortilla and then cut into 1½-inch segments. You will need to cut the end to even up the segments because of the curve of the tortilla. This should give you 5 rollups per tortilla.

Nutrition Facts:

One serving provides: Calories 70, Calories from Fat 25, Total Fat 3 g, Saturated fat 0 g, Trans fat 0 g, Sodium 230 mg, Carbohydrates 6 g, Dietary Fiber 0 g, Sugars 1 g, Protein 5 g, Calcium 4%, Iron 2%

Walk Kansas for Kids recipe

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