



## Wally Wraps

*Makes 1 wrap (2 halves)*

### Ingredients:

- Fresh bib lettuce
- 1 piece each lean ham and turkey, sliced thin
- 1 cheddar cheese slice
- Shredded carrot sticks
- 2 olives (optional)
- 1 sweet midget pickle (optional)
- 2 pieces pepper slices
- 1 whole wheat tortilla



### Directions:

1. Layer wrap with meat, cheese, and lettuce.
2. Add peppers or carrot sticks.
3. Roll up the wrap and cut in two.
4. Slice olives for eyes, pickle or pepper for nose, and pepper for mouth.
5. Enjoy!

**Nutrition Facts:** One wrap provides:  
190 Calories, 40 Calories from Fat, 4g Total Fat,  
0g Saturated Fat, 0g Trans Fat, 800mg Sodium  
(with 1 pickle spear and 2 olives),  
27g Total Carbohydrates, 10g Cholesterol,  
3g Dietary Fiber, 2g Sugar, 10g Protein,  
25% Calcium, 10% Iron

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