



What's On My Plate?

Broccoli Turkey Wrap

I originally got the idea for this recipe from a Jillian Michaels book called "Making the Cut". I made a few revisions and added some more vegetables to her recipe. In fact you could add any fresh vegetables of your choice to this wrap; whatever floats your boat. ** If you are a vegetarian just use soy cheese and substitute the turkey with avocado or hummus.

Ingredients, Makes 2 wraps

Tortillas (whole wheat if preferred) or Lavash

2 tbsp. Light Cream Cheese

3 squirts of Ken's spray Light Italian dressing for each tortilla (you could use another dressing but I like the spray b/c it gives you enough flavor while it is still low cal and not overpowering)

8 Broccoli florets

10 thin slices red bell pepper

10 slices of English cucumber

2 Small handfuls of baby spinach

4 oz. Low sodium nitrate free turkey lunch meat

Pepper

Directions:

Steam the broccoli for about 5 minutes so that it is still crunchy. Drain and place in an ice bath or stick in the freezer for 1 minute.

Spread 1 tbsp. of cream cheese per tortilla, squirt w/ dressing and then assemble w/ 4 broccoli florets, 5 red bell pepper slices, 5 cucumber slices, 2 oz. of turkey and 1 handful of spinach each.

Season w/ pepper. Fold over and serve.

Yummy and Healthy!