



Turkey Swiss & Spinach Roll up

Makes: 4 servings

Recommended serving size: 3 pinwheels

Ingredients:

2 large whole grain tortillas

½ lb thinly sliced turkey

2 cups fresh spinach

4 slices swiss cheese

Directions:

1. Lay your tortillas flat and layer turkey, spinach, and cheese on $\frac{2}{3}$ of the tortilla.
2. Starting at the end with all the toppings, roll the tortilla tightly.
3. Slice into pinwheels and serve.

Nutrition info per serving: 235 calories, 16 g carbohydrates, 19 g protein, 11 g fat