Tortilla Sandwich Wrap

Number of Servings
This recipe makes 1 tortilla wrap
1 serving = 1 tortilla wrap

Meal Planning
Grain, Vegetable, Dairy and Meat

What I Need
2 lettuce leaves
1 (10-inch) whole wheat tortilla
1 Tablespoon fat-free, vegetable-flavored, soft cream cheese
2 slices (½-ounce each) turkey breast, sodium-reduced
2 slices (½-ounce each) lowfat Swiss cheese
2–3 tomato slices (½ tomato)

What I Use
large plate
cutting board
sharp knife
table knife
1 Tablespoon measure
2 toothpicks
paper towel

HEALTHY MEAL TIP
Serve Tortilla Sandwich Wrap with Corn Chowder and fresh fruit.
What I Do

1. Wash my hands.

2. Wash lettuce leaves under cold running water. Wrap lettuce in paper towel to dry.

3. Place 1 large tortilla on large plate.

4. Measure 1 Tablespoon of vegetable-flavored cream cheese.

5. With a table knife spread cream cheese on the tortilla.

6. Place 2 slices of turkey on the tortilla.

7. Place 2 slices of cheese on top of the turkey.

8. Unwrap the lettuce. Put lettuce on top of cheese.

9. On the cutting board, cut the tomato in slices with a sharp knife. Place 2 to 3 tomato slices on top of lettuce.

10. Roll tortilla into a tube shape.

11. Place toothpicks into the tortilla to help hold its shape. Cut in half.

Wash my hands.

Serve and ENJOY!