

Turkey and Avocado Wrap

Serves: 1

Ingredients

1 (9-inch) whole-wheat tortilla wrap	2 Tbsp shredded low fat cheddar cheese
1 Tbsp fruit chutney, such as mango or peach	1 tsp minced cilantro (optional)
2 oz. roasted turkey breast, sliced	¼ avocado, sliced into wedges
4 thin tomato slices	

Directions:

1. Lay the tortilla on a cutting board and spread with the fruit chutney. Cover the same area with sliced turkey. Lay the tomato over the turkey. Sprinkle with the cheese and cilantro, if using. Place the avocado wedges across the bottom of the tortilla, 2 inches away from the edge.
2. Fold the bottom of the tortilla up over the avocado, fold the two sides in, and pull at the bottom. To keep the filling from pushing forward, keep pulling the rolled part toward you. This also helps make a firm roll.

Makes 1 serving.

Per serving: 380 calories, 11 g total fat (2.5 g saturated fat), 38 g carbohydrates, 32 g protein, 8 g dietary fiber, 460 mg sodium.