



Cranberry Turkey Wrap

Servings: 4

Prep and Cooking Time: 10 minutes

Ingredients:

- 4 (7-inch) whole wheat flour tortillas
- 8 slices turkey breast
- 6 slices Cheddar cheese (6 ounces)
- 4 tablespoons dried cranberries
- 8 leaves parsley or fresh basil (optional)

Preparation:

Alternate a slice of turkey breast, slice of Cheddar cheese and another slice turkey breast down the center of each tortilla. Sprinkle dried cranberries on top of turkey and cheese. Fold tortilla into thirds. Place seam side down on microwave-proof serving plate. Arrange a narrow strip of Cheddar cheese on top of the tortilla. Repeat with remaining tortillas. Microwave each tortilla on high for 1 minute. Cool slightly and slice in half. Place 2 or 3 dried cranberries and sprig of parsley or basil on both halves.

Nutritional Facts:

Nutritional Facts Per Serving:

Calories:	180
Total Fat:	7g
Saturated Fat:	3.5g
Cholesterol:	35mg
Sodium:	670mg
Carbohydrates:	14g
Dietary Fiber:	1g
Protein:	16g (8 g from dairy)
Calcium	25% Daily Value

Cost/recipe:

\$4.88

Cost/serving:

\$1.22

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ON THE
BASICS**

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