

Easy Tortilla Wrap-Ups

In a small bowl, mix together your choice of:

4 Tbsp. Dijon Mustard & 2 Tbsp. Honey

OR

4 Tbsp. BBQ Sauce

with 16 ounces of Light Cream Cheese.

1. Spread a thin layer of the cream cheese mixture of your choice onto a Tortilla (whole wheat, flour, tomato, spinach)
2. Layer the tortilla with Lettuce or Spinach Leaves
3. Next, layer thinly sliced Deli Meat (ham, roast beef, salami, or turkey)
4. Sprinkle with Shredded Cheese (Swiss, cheddar, mozzarella, or a blend).
5. Top with Assorted Vegetables (diced tomato, diced peppers, thinly sliced onion, olives, chopped cucumber, shredded carrots, salad sprouts, etc).

Fold one side in and roll up tightly, ENJOY!

Nutrition Information:

560 Calories

29g Protein

72g Carbohydrates

17g Fat - 7g Saturated Fat

48mg Cholesterol

1045mg Sodium

5g Fiber

Nutrition Information based on a wrap made with a white flour tortilla, roast beef, lettuce, tomato, onion, cheddar cheese, and the BBQ cream cheese mixture. Nutrients are approximate and will vary depending on type and amounts of ingredients used.