

Southwestern Tortilla Wrap

Ingredients

1 low carb tortilla (I recommend Joseph's Flax, Oat Bran & Whole Wheat Flour Tortillas – Located at deli case in your local market)
1 tablespoon lite sour cream
2 tablespoons grated chipotle cheddar cheese
Soft baby greens or finely shredded lettuce
1-2 Tablespoons of salsa
2 slices of lean turkey

Mise en place! (Everything in its place)

Directions

1. Spread sour cream in middle of tortilla.
2. Sprinkle cheese over sour cream.
3. Lay a few baby greens or shredded lettuce over cheese.
4. Top the greens with salsa.
5. Lay turkey slices on top.
6. Take bottom of tortilla and fold over filling while pulling toward you to create a tight log. Tuck in sides and roll away from you to finish the wrap.
7. Wrap contains about 200 calories. You can cut the calories further by using just one tablespoon of grated cheese or by substituting light cheese for the chipotle.