

Swiss Basil Turkey Wrap

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Ingredients Needed:

- 1 whole-wheat tortillas
- ¾ ounce Laughing Cow light Swiss Cheese
- 1 cooked turkey tender
- 1 roma tomato, sliced
- ¼ cup fresh basil leaves, torn
- Ground pepper



<u>Nutrition Facts:</u>	
Yield	1 serving
Calories	242
Total Fat	7 g
Sat Fat	2 g
Sodium	487 mg
Added Sugar	0 g
Fiber	4 g
Vitamin A	16% DV
Vitamin C	17% DV
Vitamin K	58% DV
Potassium	11% DV
Iron	11% DV

Recipe Directions:

- Heat skillet over medium heat.
- Spread cheese wedge onto tortilla.
- Layer turkey, roma tomato slices, fresh basil, and fresh ground pepper.
- Spray skillet with cooking spray and place tortilla on skillet.
- Heat until turkey feels warm- careful not to let the tortilla get too dark.
- Roll up and serve!