

## Turkey Wrap

1 low carbohydrate tortilla  
2 oz. lean ham or turkey ham  
2 tomato slices, thin  
Onion, optional  
Fresh spinach leaves  
1/2 oz. mozzarella cheese  
1 tbsp. light mayonnaise or miracle whip  
A fruit of choice

Spread mayonnaise on tortilla. Place spinach leaves on the tortilla and then the cheese on top of the spinach. Put ham on top of cheese.

Serve with a fruit and water, Crystal Light, flavored water, unsweetened tea or tea sweetened with Splenda, or a diet soda.

Exchanges: you can exchange the turkey with, chicken, tuna, ham or roast beef. You can also exchange the mozzarella with 2 % cheddar.

Starch	Fruit	Milk	Veg	Meat	Fat
1	1	0	1/2	1	1