Turkey & Apple Wrap

Yield: 1 serving  
Total Time: 25 minutes

Ingredients
1 whole wheat wrap or tortilla  
2 tsp favorite mustard  
2 tsp reduced fat mayonnaise  
½ cup spinach or lettuce, shredded, lightly packed  
3 oz. thinly-sliced roast turkey breast  
4 slices of apple  
1 Tbsp chopped pecans  
Optional: 1 Tbsp dried cranberries, chopped

Preparation Instructions
1. Heat a heavy, medium skillet over medium-high heat. Warm wrap or tortilla in pan until it is pliable and very lightly toasted, about 1 minute. Turn and heat for 30 seconds. Transfer tortilla to a cutting board or a large plate.
2. Mix together mustard and mayonnaise and spread mixture over the tortilla, leaving a one-inch border around edge. Arrange spinach/lettuce on top. Cover spinach with turkey. Lay apple slices across the middle in a row. Sprinkle pecans and cranberries (if desired) on top of apple.
3. Lift up bottom edge of tortilla and, working in direction away from you, roll up tortilla as tightly as possible. Serve immediately, or wrap tightly in plastic wrap and refrigerate up to 12 hours.

Nutrition Analysis
Per serving: 360 calories; 11g fat (1g saturated, 0g trans); 70mg cholesterol; 410mg sodium; 34g carbohydrate (4g fiber, 8g sugar); 31g protein.  
Vitamin A 8%, Vitamin C 6%, Calcium 4%, Iron 15% Daily Value.

Cost  
Per serving: $1.95  
Total ingredient cost: $22.13