SPINACH TURKEY WRAPS

4 oz. nonfat cream cheese
2 T. sliced green onions
1 tsp. Dijon mustard
4 (9” or 6”) low-carb tortillas
1 1/3 C. fresh spinach, shredded
6 oz. thinly sliced roasted turkey breast, skin and fat removed
1/4 C. reduced-fat shredded Cheddar or jack cheese
2 T. minced red bell pepper

In a small bowl, combine the cream cheese, green onions and Dijon mustard. Spread the mixture equally onto the tortillas. Next, add in equal portions the spinach, turkey, cheese and bell pepper. Wrap the tortillas tightly around the filling; wrap the rolls in plastic wrap and refrigerate for at least 1 hour before serving.

NUTRITION FACTS: Serving size: 1 filled wrap per serving, 4 servings