

Fitness Aspects

For the Body & Mind

NUTRITION PER SERVING:

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| CALORIES | 190 |
| PROTEIN | 11 G |
| CARBOHYDRATE | 23 G |
| TOTAL FAT | 5 G |

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|-------------------|------------|
| PREP TIME: | 15 MINUTES |
| COOK TIME: | NONE |

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| YIELD: | 4 SERVINGS |
| SERVING SIZE: | 1 TORTILLA |

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| 4 | WHOLE-WHEAT TORTILLAS (6½ INCH) |
| 4 | RED LEAF LETTUCE LEAVES, RINSED AND DRIED |
| 4 OZ. | LOW-SODIUM DELI ROAST BEEF |

FOR SPREAD:

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|---------------|--|
| 1 TBSP | LIGHT MAYONNAISE |
| 1 TSP | LIME JUICE (ABOUT ½ FRESH LIME) |
| ½ TSP | HOT SAUCE |



SOUTHWESTERN BEEF ROLL-UPS

THIS TASTY SNACK IS SIMPLE TO MAKE AND A GOOD SOURCE OF PROTEIN

- 01 Combine ingredients for the spread. Mix well.
- 02 Spread about 1 teaspoon of spread on each tortilla.
- 03 Top each tortilla with one lettuce leaf and 1 ounce roast beef (about two slices).
- 04 Fold sides in, and roll.
- 05 Serve with a side of Tangy Salsa.

✓ Younger children can mix the spread. Older children can prepare the recipe themselves.

