Michele Sodon

NUTRITION PER SERVING:

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

PREP TIME:	15 MINUTES
COOK TIME:	NONE

YIELD:	4 SERVINGS
SERVING SIZE:	1 TORTILLA

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

FOR SPREAD:

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

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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.