

Pinwheels

Ingredients:

1 whole wheat tortilla
2 tsp light ranch dressing
2 Tbsp shredded cheese (or 1 slice)
1 oz turkey, sliced
1 oz ham, sliced

Directions:

1. Spread ranch dressing on tortilla.
2. Top with cheese, turkey and ham.
3. Roll the tortilla tightly and slice crosswise.

Yield: 1 serving

Nutritional analysis per serving: calories 270, calories from fat 90, total fat 10g, saturated fat 2.5g, trans fat 0g, cholesterol 40g, sodium 930g, total carbohydrate 25g, dietary fiber 2g, sugars 2g, protein 18g, vitamin A 4%, vitamin C 10%, calcium 10%, iron 10%

