



## Hummus Wrap

### Ingredients:

Whole wheat tortilla  
2 Tbsp Hummus  
Grated veggies  
Spinach  
Turkey deli meat

### Directions:

Spread a layer of hummus on the tortilla  
Add spinach, turkey meat, and veggies  
Roll and enjoy!

### Nutrients:

Serving: 1 wrap  
249 Calories; 6.7 g Fat; < 1 g Saturated Fat; 36 g Carbohydrate; 4 g Sugar; 8 g Fiber; 15g Protein

## Cucumber Yogurt Salad

### Ingredients:

2 Cucumbers, peeled and sliced  
1 c Plain yogurt  
1 tsp. dried dill  
Salt and pepper

### Directions:

Gently mix together the ingredients  
Salt and pepper to taste

### Nutrients:

Serves: 4 people  
51 Calories; 1 g Fat; < 1 g Saturated Fat; 7 g Carbohydrate; 6 g Sugar; 1 g Fiber; 4 g Protein



## Easy Quesadilla

### Ingredients:

2 Whole wheat tortillas  
½ c Vegetarian refried beans  
¼ c Low-fat cheese  
3 oz Cooked chicken, shredded  
Salsa

### Directions:

Spread beans evenly over tortillas. Sprinkle evenly with cheese and chicken.  
Microwave quesadilla for 1 – 1.5 minutes  
Cut each into 8 wedges  
Serve with salsa and enjoy!

### Nutrients:

Serving: ½ quesadilla  
289 Calories; 8 g Fat; 2 g Saturated Fat; 39 g Carbohydrate; 1.5 g Sugar; 8g Fiber; 18 g Protein

