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| **Turkey tortilla wrap**    Makes 1 serving  **Quick fix tip:** Tortilla wrap are good for school lunches. They are easy to make the night before.  You can wrap it in plastic wrap and refrigerate  **Ingredients**   * 1 soft whole-wheat tortilla * 2 tsp (10 mL) honey mustard * 3 leaves of dark spinach * 1/2 fresh sweet green, red, or yellow pepper, thinly sliced * 1/4 small, ripe avocado, pit and skin removed, thinly sliced * Cooked turkey.   **Directions**   1. Place the tortilla on a plate and spread the honey mustard on tortilla. 2. Place spinach, pepper, avocado, and turkey in rows down the center of the tortilla. 3. Fold the edges over the filling, then roll up tightly. Cut in half. |