

Roast Turkey Lettuce Wraps



Ingredients:

- 6 leaves iceberg lettuce
- 4 slices roast turkey
- ½ cucumber, thinly sliced
- 1 tomato halved and thinly sliced
- hummus
- sprinkle of paprika
- toothpick

Directions:

1. Top a lettuce leaf with a thin slice of turkey.
2. Add a thin slice cucumber and tomato.
3. Top with a dash of hummus and paprika.
4. Use another piece of lettuce to wrap and use a toothpick to keep in place.

Nutrition Information:

Serving size*: 1 wrap

Calories per serving: 120

Total protein per serving: 6g

Servings per recipe: 4

Total fat per serving: 7g

Total carbohydrates per serving: 12g

Nutritional Benefits:

Lettuce wraps are an easy, quick and low calorie way to replace bread.

*Serving size that is suggested for post-operative bariatric patients

Recipe adapted from: Just a Pinch (2016). Healthy Turkey and Cucumber Lettuce Wrap. Retrieved from <http://www.justapinch.com/recipes/main-course/turkey/healthy-turkey-cucumber-lettuce-wrap.html>

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