



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

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- 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



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.

