Turkey Tortilla Wrap

(makes 1 serving)

1 7-inch fat-free flour tortilla
1 tsp prepared or Dijon mustard
1 ounce sliced deli turkey breast
1 ounce shredded reduced-fat Jack cheese

1. Place the tortilla on a paper towel and microwave on HIGH (100%) power to 30 seconds. Transfer tortilla to a work surface.
2. Spread the top of the tortilla with mustard and arrange half of the turkey to within 1/2-inch of the edge.
3. Evenly sprinkle the cheese over the turkey and top with remaining turkey.
4. Roll up like a burrito and loosely wrap in microwave-safe plastic wrap or waxed paper.
5. Microwave on HIGH power (100%) power for 45 to 60 seconds, until tortilla is warm and cheese is melted. Carefully unwrap and cut in half or leave whole. Serve warm.

Per serving:
222 calories
6 g total fat
25 g carbohydrate
1 g dietary fiber