

Moo Shu Turkey Wraps

Serves 4

1 Tablespoon honey

1 Tablespoon hoisin sauce

1/2 teaspoon low sodium soy sauce

1/2 teaspoon white vinegar

2 – 10" whole wheat or multigrain tortillas

6 ounces low salt sliced deli turkey breast

2 cups shredded lettuce

2 tomatoes sliced

1 cucumber sliced long ways

Directions

1. To make the sauce, whisk together honey, hoisin, soy sauce and vinegar in a bowl.
2. Lay 2 tortillas on a cutting board. For each tortilla, paint the sauce on the half nearest to you, leaving a 1" border.
3. Top the sauce with turkey, lettuce, tomatoes and cucumber. Roll up each tortilla, by folding up the bottom, left side and right side before rolling away from you. Slice the wraps in half crosswise and serve or wrap with plastic and refrigerate.

Nutritional info per serving: 198 calories, 3.2g fat, 28g carbs, 8g fiber, 14.6g protein

Recipe courtesy of Chef Christina Dimacali of Clean Your Plate, Philadelphia