



Beef, Lettuce & Tomato Wrap

Info:

Makes 4 Servings 210 Calories per Serving

LOW CAL

Ingredients:



- ❖ 4 Whole Wheat Tortilla (about 120 calories)
- ❖ 1 Cup Lettuce
- ❖ 1 Tomato, diced
- ❖ 8 oz Lean Roast Beef
- ❖ ¼ Cup Fat Free Mayo
- ❖ 2 tsp Mustard
- ❖ Salt & Pepper to taste

Preparation:



1. Spread everything evenly over center of tortillas
2. Fold opposite side towards center a little and roll up from one of the remaining ends