

## Easy Snack Wraps

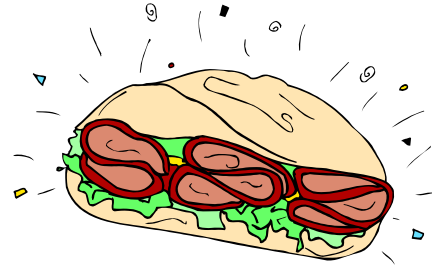
**Prep time:** 15 minutes

**Ready in:** 15 minutes

**Serving Size:** 60 servings

### Ingredients:

- 12 large corn tortilla
- 1 package (8oz.) cream cheese
- 1 bunch spinach leaves (360g)
- 1 package sliced deli turkey (60oz.)
- 2 cups shredded carrots
- 2 cups minced tomato



### Directions:

1. Spread the cream cheese evenly over the tortillas. Top the cream cheese with the spinach leaves.
2. Layer the turkey slices on top of the spinach leaves evenly.
3. Sprinkle the carrots and tomato over the turkey slices. Then roll the tortillas into wraps.
4. Cut the wraps diagonally into bite-sized pieces. Secure with toothpicks (if available).

**\*\*Tip: Carrots.** Carrots contain vitamin A which helps to maintain the health of our eyes. This retains the ability to adjust to changes in light and maintains necessary moisture and muscle levels in your eyes. They're a good source of vitamin K and C. Vitamin K helps to maintain the ability to clot blood, bone strength and kidney health. Vitamin C helps to build a healthy immune system, strong teeth and gums. It also helps to absorb iron from plants and combat from free radicals. **Tomatoes.** Tomatoes provide antioxidants that protect cells and other structures in the body from oxygen damage. They are an excellent source of vitamin C and vitamin A, a good source of fiber, and a good source of potassium, niacin, vitamin B6 and folate. These minerals help to lower cholesterol which helps to lower blood pressure and heart disease.

### Nutrition Facts (per serving):

Calories: 19

Carbohydrates: 3g

Fat: 0g

Fiber: 0g

Cholesterol: 19mg

Sugar: 1g

Sodium: 36mg

Protein: 2g

Attributed to Sal at [allrecipes.com](http://allrecipes.com); Modified by Emily Madden; 2013 Dietetic Student

**Beyond Mac & Cheese · Cheap, Easy, Tasty & Nutritious Recipes for the Busy College Student  
Copyright 2014**