



## Lifestyle Wellness Academy

### NUTRITION PER SERVING:

<b>CALORIES</b>	190
<b>PROTEIN</b>	11 G
<b>CARBOHYDRATE</b>	23 G
<b>TOTAL FAT</b>	5 G

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<b>PREP TIME:</b>	15 MINUTES
<b>COOK TIME:</b>	NONE

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<b>YIELD:</b>	4 SERVINGS
<b>SERVING SIZE:</b>	1 TORTILLA

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<b>4</b>	<b>WHOLE-WHEAT TORTILLAS (6½ INCH)</b>
<b>4</b>	<b>RED LEAF LETTUCE LEAVES, RINSED AND DRIED</b>
<b>4 OZ.</b>	<b>LOW-SODIUM DELI ROAST BEEF</b>

### FOR SPREAD:

<b>1 TBSP</b>	<b>LIGHT MAYONNAISE</b>
<b>1 TSP</b>	<b>LIME JUICE (ABOUT ½ FRESH LIME)</b>
<b>½ TSP</b>	<b>HOT SAUCE</b>



## 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.

