

ON THE MENU: **DELI MEAT**



THE NUTRITION

Protein: contains 7 grams of protein per ounce.

Low calorie: lean meats such as turkey, chicken and ham contain only 0.5 gram of fat per ounce.

Iron source: makes hemoglobin, which carries oxygen throughout the body.

THE USES

Breakfast topper: add protein and flavor to a casserole or sandwich.

Post workout snack: a whole grain wrap with deli meat provides the perfect carb to protein ratio.

Quick dinner: decrease cooking time by using deli meats on top of salads, homemade pizza and paninis.

Low calorie snack: roll up with light string cheese.

SUN-DRIED TOMATO & TURKEY ROLL-UP

Makes: 1 serving

Ingredients

- 1 tbsp. sun-dried tomato paste
- 1 handful spinach
- 1 oz mozzarella cheese
- 3 oz deli turkey meat, no salt added
- 1 (6") whole grain tortilla

Directions

1. Fill tortilla with all ingredients.
2. Roll, slice and enjoy!

Nutrition information per serving:

340 calories, 29 grams carbohydrates, 33 grams protein, 9 grams fat, 5.5 grams fiber, 495 mg sodium, 5 grams sugar