

Recipes & Tips



Live Well Live Long with Eleanor Schano



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DELI CASE –Smart deli choices for healthy lunch on-the-go w/ Shop 'n Save guest Linda Mason

TURKEY AND BLACK BEAN SALSA TORTILLA ROLLS

Makes 4 rolled sandwiches

Ingredients

- | | |
|---|--|
| ½ cup rinsed drained canned black beans | 2 tbsp low-fat plain yogurt |
| 1 large tomato, seeded and chopped | 4 10-inch whole-wheat tortillas |
| 2 pickled jalapeno peppers, seeded and chopped (wear rubber gloves) | ½ pound thinly sliced roast turkey breast |
| 4 tsp fresh lemon juice | 1 cup packed fresh coriander sprigs, washed well, spun dry, and chopped coarse |
| ½ tsp chili powder | |
| ½ ripe avocado | |

Preparation

In a bowl stir together black beans, tomato, jalapeno peppers, 2 tsp lime juice, chili powder, and salt to taste.

In a food processor purée avocado, yogurt, remaining 2 teaspoons lime juice, and salt to taste. (You can use a fork to mash avocado mixture until smooth.)

Spread avocado mixture evenly on tortillas and arrange turkey across each tortilla just below middle. Top turkey with salsa and coriander, then roll up tortillas tightly, leaving ends open. Halve tortillas diagonally with a serrated knife.

Each serving about 297 calories and 10 grams fat (30% of calories from fat)

Nutrition Facts:

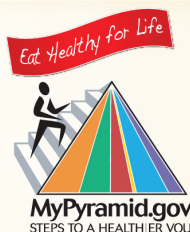
Serving Size: 200g
Calories Per Serving: 253
Calories from Fat: 54

Percentage Daily Value:

Total Fat: 6.0g (9%), Saturated Fat: 1.0g (5%), Cholesterol: 25mg (8%), Sodium: 602mg (25%), Total Carbs: 33.9g (11%), Dietary Fiber: 8.2g (33%), Sugars: 5.0g, Protein: 17.8g, Vitamin A 17%, Vitamin C 31%, Calcium 8%, Iron 15%

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Sept. 4, 2008
Deli Case



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