

Broccoli-Turkey Pinwheels

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Servings: 6

2 stalks broccoli, trimmed, peeled and quartered lengthwise

2 tablespoons mayonnaise

1 tablespoon Dijon or yellow mustard

6 large whole-wheat tortillas

12 deli-thin slices smoked turkey

12 slices cheese (American, Cheddar or Muenster)

Fit a small pan with a steamer insert and fill with water just to the bottom of the insert. Cover and bring the water to a boil. Add the broccoli stalks.

Cover, turn the heat to low. Steam until tender, 6 to 7 minutes. Remove the stalks to a work surface and chop finely.

In a small bowl, stir together the mayonnaise and mustard. Evenly spread two teaspoons on each tortilla. Scatter 1/3 cup of the broccoli on top. Top with a single layer of turkey and another of cheese, tearing to fit.

Tightly roll the wraps. Once assembled, rest seam side down. Using a serrated knife, cut into one-inch slices.

Start to Finish Time: 15 minutes

Reserve the broccoli florets for another use.

Per Serving (excluding unknown items): 90 Calories; 5g Fat (38.3% calories from fat); 6g Protein; 11g Carbohydrate; 6g Dietary Fiber; 2mg Cholesterol; 81mg Sodium. Exchanges: 2 Vegetable; 1/2 Fat.

Sandwiches

Per Serving Nutritional Analysis

Calories (kcal):	90	Vitamin B6 (mg):	.3mg
% Calories from Fat:	38.3%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	39.2%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	22.5%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	5g	Folacin (mcg):	144mcg
Saturated Fat (g):	1g	Niacin (mg):	1mg
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0
		% Refuse:	0.0%

Cholesterol (mg):	2mg
Carbohydrate (g):	11g
Dietary Fiber (g):	6g
Protein (g):	6g
Sodium (mg):	81mg
Potassium (mg):	660mg
Calcium (mg):	98mg
Iron (mg):	2mg
Zinc (mg):	1mg
Vitamin C (mg):	189mg
Vitamin A (i.u.):	6093IU
Vitamin A (r.e.):	610 1/2RE

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	2
Fruit:	0
Non-Fat Milk:	0
Fat:	1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 90	Calories from Fat: 34
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% Daily Values*

Total Fat 5g	7%
Saturated Fat 1g	3%
Cholesterol 2mg	1%
Sodium 81mg	3%
Total Carbohydrates 11g	4%
Dietary Fiber 6g	24%
Protein 6g	
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Vitamin A	122%
Vitamin C	315%
Calcium	10%
Iron	10%

* Percent Daily Values are based on a 2000 calorie diet.