



early childhood community development centre

Turkey Tortilla Roll Ups

Makes 5 servings

Ingredients

- 5 small whole wheat tortillas
- 10 slices of turkey breast
- 5 slices of mozzarella cheese
- 1 cup of shredded lettuce
- 1 large tomato chopped
- ¼ cup of Italian salad dressing

Directions

1. Place 2 slices of turkey breast and 1 slice of cheese on each tortilla.
2. Divide the lettuce and tomato evenly between the 5 tortillas and sprinkle on top.
3. Drizzle approximately 1 tbsp of dressing over the lettuce and tomato.
4. Roll each of tortilla up, use a toothpick to secure in place if necessary.

Source: Melissa Aubertin-Coutu, Sukha Yoga and Nutrition Centre, St Catharines

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