

Deli Fajita

Ingredients:

1 6 inch whole grain tortilla
2 thinly sliced lean deli meat
¼ cup shredded lettuce
¼ cut diced tomato
1 ½ Tbsp grated reduced fat cheddar, American, Jack or Colby
1 Tbsp reduced fat ranch dressing

Directions:

1. Layer on tortilla in the following order: meat, lettuce, tomatoes, cheese and dressing.
2. Roll up and eat !

Alternatives:

Use some Mediterranean fillings instead: hummus, tabouli, beans.

Try mixing ½ tsp of tamari with 1 Tbsp of low fat mayo for an Asian flair

Try turkey with low fat cheese and low fat herb-garlic spread and some favorite greens for lettuce.

Groaner:

What green dip do Mexican ducks eat at pinata parties?

Answer: Quack - a mole