



IN **The Villages**[®]
America's Healthiest Hometown

Southwestern Beef Roll-Ups

Prep Time: 15 minutes

Cook Time: 0 minutes

Yields: 4 servings

Serving Size: 1 tortilla

Ingredients:

4 whole-wheat tortillas (6 ½ inch)
4 red leaf lettuce leaves, rinses and dried
4 oz. low-sodium deli roast beef

For spread:

1 Tbsp light mayonnaise
1 tsp lime juice (about ½ fresh lime)
½ tsp hot sauce

Directions

Combine ingredients for the spread. Mix well.
Spread about 1 teaspoon of spread on each tortilla.
Top each tortilla with one lettuce leaf and 1 ounce roast beef (about two slices).
Fold sides in, and roll.
Serve with a side of Salsa.

Nutritional Information:

Calories: 190	Protein: 11 g	
Total fat: 5g	Carbohydrates: 23g	
Saturated fat: 0 g	Potassium: 36mg	
Cholesterol: 21 mg	Vitamin A: 25 %	
Sodium: 302 mg	Vitamin C: 2%	
Total fiber: 2 g	Calcium: 4%	Iron: 7%

