

January 2008

## Smoked Turkey Triangles

2 - 7" Whole Wheat Tortillas (low carb, 70 calories each) by Buena Vida®

5 slices smoked turkey breast, fat-free

¼ cup chopped tomatoes

¼ cup fat-free shredded cheddar cheese

1 small apple

4 oz. Dannon® Light & Fit carb control vanilla n' cream yogurt

Heat a non-stick pan on medium heat. Place one tortilla in the pan. Place turkey, tomatoes and cheese on tortilla. Cover with second tortilla. Flip when bottom is lightly browned and crispy. Continue cooking until second side is also lightly browned, crispy, and cheese is melted. Transfer to a plate and cut into triangles using a pizza cutter.

Serve with one small apple cut into wedges and vanilla yogurt.

Total Calories: 341

Total Carbs: 39 g

Total Fat: 12 g

Total Protein: 27 g

