



# Smoked Turkey Wrap

## Ingredients:

10 inch flour tortilla  
3 oz low sodium roasted turkey breast (about 3 slices)  
1 slice local fresh tomato, halved  
2 pieces of fresh mozzarella (1 oz total)  
Garnished with fresh, pureed avocado and minced jalapeno

Preparation: wrap it all up!

Serves 1.

**Nutrition per serving:** 432 calories, 12 g fat (5 g sat fat), 41 g carb, 38 g protein, 83 mg cholesterol, 573 mg sodium

### *Recipe Makeover*

*Kitchen 208 smokes their own turkey breast in house, which helps to control the sodium content! We use Jennie-O's hickory smoked extra lean turkey breast. Foods that have <140 mg of sodium per serving are considered low-sodium products.*

Learn more at [Mindful.Sodexo.com](http://Mindful.Sodexo.com)

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## ***Kitchen 208 - Outdoor Dining, Charleston Style***

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