

Quick & Easy Sugar-Smart Recipe: Turkey Sausage, Spinach, and Cheddar Wrap



Instructions

- ❧ Cut a cooked 1-ounce turkey breakfast sausage link into pieces.
- ❧ Sprinkle 1/4 cup shredded reduced-fat Cheddar cheese over an 8" whole wheat tortilla, and top with 1 cup spinach leaves and the sausage.
- ❧ Microwave the tortilla until the cheese melts, then wrap and eat. Serves 1.
- ❧ **NUTRITION** (per serving) 289 cal, 18 g pro, 31 g carb, 4 g fiber, <1 g total sugar, 11 g fat, 4 g sat fat, 661 mg sodium



Adapted from the book The Sugar Smart Diet