

Week 1 Recipe

Grilled Gobble-Up Wrap

Prep Time: 5 minutes; **Cook Time:** 5 minutes

Ingredients:

- 4 slices pre-cooked bacon
- 1 tsp. olive oil
- 2 10-inch flour tortillas
- 1/2 pound deli sliced turkey breast
- 2 slices cheddar cheese

Preparation:

1. Warm bacon according to package directions.
2. Lay turkey breast and one cheese slice on half of each tortilla. Top with bacon slices. Roll up like a fajita, folding the bottom up to secure.
3. With an adult, heat oil in a medium sized skillet.
4. When oil is hot, lay turkey wraps, seam side down in the skillet. Cook 1-2 minutes until golden brown. Flip and cook another 1-3 minutes until the cheese is melted and the tortilla is browned.
5. Enjoy!

Healthy Facts:

Since turkey is low in fat and high in protein, it will keep your kids alert and will help them avoid a mid afternoon crash.

Americans consume 2.7 billion pounds of Cheddar cheese every year!

Cheese is rich in calcium, which helps grow strong bones and teeth!