



# Whole wheat tortilla wraps

15'  
Hands on

6  
Portion(s)

1  
Difficulty



## Method

- On 1 tortilla, spread 2 teaspoons of cottage cheese, add 1 slice of cheese (cut in half), 1 slice of turkey (cut in half), 2 slices of tomatoes and 3 cucumber slices. Wrap and set aside. Follow the same process for the second tortilla.
- On the 2nd tortilla, spread 1 tablespoon of cream cheese, add some corn, the carrot, a lettuce leaf (with the center stem removed), and the chicken. Wrap and set aside. Follow the same process for the second tortilla.
- On the 3rd tortilla, add the [avocado](#) (cut into 1 cm slices), the avocado, the salmon or the egg (cut into 1 cm slices). Wrap and set aside. Follow the same process for the second tortilla.

### To assemble

- Cut each tortilla wrap in half using a serrated knife. You should have 6 tortilla halves which will be used as “little cars”.
- For each half tortilla, you will need 4 thin slices of cucumber which means you will need 24 cucumber slices total which will be used as “wheels”!
- Instead of using toothpicks to hold everything together you will be using carrot strips. Insert one carrot strip in the front part of the each tortilla half and another in the back part of each tortilla half.
- Insert a cucumber slice on the edge of each carrot strip, piercing it in the soft part. You should have 6 little “cars”.
- Serve with lettuce leaves, carrot strips and cucumber strips.

## Tip

The nutrition information refers to the 3rd filling.

## Ingredients

- 6 tortillas, whole wheat

### 1st filling

- 100 g cottage cheese
- 2 slices smoked turkey
- 2 slices gouda cheese, low fat
- 1 tomato
- 1/2 cucumber, thinly sliced

### 2nd filling

- 80 g light cream cheese
- 130 g chicken breast fillet, roasted or boiled
- 1 carrot, grated
- 50 g corn, canned
- 2 slices lettuce

### 3rd filling

- 1 avocado(s), ripe
- 150 g smoked salmon, or 2 eggs boiled

### To assemble

- 3 lettuce leaves
- 2 cucumbers, thinly sliced
- 1 carrot, thinly sliced

## Διατροφικός πίνακας

### Nutrition information per portion

464 Calories (kcal)	27.0 Total Fat (g)	5.9 Saturated Fat (g)	29.0 Total Carbs (g)
23%	39%	30%	11%
2.8 Sugars (g)	24.0 Protein (g)	5.5 Fibre (g)	3.1 Sodium (g)
3%	48%	22%	52%