

# Veggie Wraps



Recipe by:  
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## Serving Size

Serves 4, 3 pinwheels each

## Ingredients

- 4 large radishes
- 1 small carrot
- 1 cup salad greens
- 3 sprigs fresh herbs (parsley, dill, cilantro, or combination)
- 1 lemon
- 2 ounces low-fat Swiss or cheddar cheese
- 1 large, ripe avocado
- ¼ cup nonfat plain yogurt
- 3 (8-inch) whole wheat flour tortillas

*Optional Ingredient:*

5 ounces thinly sliced  
roasted turkey

