

Roast Beef and Cream Cheese Roll Recipe

- 3 large whole wheat flour tortillas
- 1 cup reduced-fat cream cheese, softened
- 9 slices deli roast beef
- 1 can (225g) mild green chili, drained and chopped
- 2 cups alfalfa sprouts



- Spread 1/3 of the cream cheese mixture on each tortilla and top with 3 slices of roast beef. Place 1/3 of the green chili and 1/3 the alfalfa sprouts on top of the roast beef.
- Tightly roll each tortilla and place seam side down on a cutting board. Using a serrated knife, slice each tortilla into 6 slices.

Makes 6 Servings

Serving Size: 3 slices

nutrients per serving

calories:	204
total fat:	6 g (29% of calories)
saturated fat	3 g
cholesterol:	15 mg
sodium	473 mg
carbohydrate:	26 g (51% of calories)
protein:	11 g (21% of calories)
fiber:	2 g

“This and more healthy recipes from <http://www.AdrianCahill.com>”