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Chicken Salad Lettuce Wraps

Ingredients	Instructions
1 cup cooked shredded chicken	1. In a bowl, mix chicken, yogurt, celery, and lemon juice.
¼ cup plain non-fat Greek yogurt	2. Spoon the mixture into large lettuce leaves and fold to eat.
1 stalk celery, diced	
1 teaspoon lemon juice	
4 large lettuce leaves	

Veggie and Hummus Wrap

Ingredients	Instructions
1 whole wheat tortilla	1. Spread hummus over the tortilla.
¼ cup hummus	2. Layer spinach, cucumber, and shredded carrots on top. Roll tightly and slice in half.
½ cup fresh spinach leaves	
¼ cup shredded carrot	
¼ cucumber, sliced thin	

Turkey and Cheese Roll-Ups

Ingredients	Instructions
3 slices deli turkey breast	1. Spread mustard on turkey slices, then place a cheese slice on each.
3 slices low-fat cheese	2. Roll tightly and secure with toothpicks, if needed. Serve with veggie sticks.
1 teaspoon mustard	