

GRAPEADILLAS



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the
**Chickasaw
Nation**

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Adult supervision required when preparing food.

Grapeadillas

1 Serving

Cooking spray

1 Tortilla, whole-wheat (7 inch)

3 T Turkey, sliced cooked lean,
cut in strips

3 T Jack cheese, shredded, low-fat

3 T Grapes, seedless, halved

2 T Salsa

1. SPRAY an 8-inch skillet with cooking spray.
2. HEAT pan over medium heat.
3. PLACE tortilla in skillet, TOP with turkey, cheese and grapes.
4. COOK 2 minutes, FOLD in half.
5. CUT in half and SERVE warm with salsa.



Nutrition Information: 250 calories, 8 g fat, 35 mg cholesterol,
910 mg sodium, 34 g carbohydrates, 3 g dietary fiber, 15 g protein

