

# SOUTHWESTERN WRAPS WITH STRAWBERRY SALSA

*Higher Fiber, Lower Saturated Fat, Lower Sodium*

Serves: 1 wrap

## Nutrition (per serving)

Calories: 260

Total Carbohydrate: 31 g

Total Fat: 9 g

Dietary Fiber: 4.5 g

Saturated Fat: 2.7 g

Protein: 12.7 g

Sodium: 480 mg

## Ingredients

1 pkg (14 oz) firm tofu, cubed (or one pound of turkey tenderloins, cut into ½ inch slices)

4 tsp Southwest marinade dry mix

1 pound strawberries, diced

½ cup red onion, finely chopped

¼ cup cilantro, finely chopped

1 jalapeno pepper, seeded and minced

1 tbsp fresh lime juice

Freshly ground pepper



**OSF**  
HEALTHCARE

Cooking spray

6 whole wheat tortillas

2 cups fresh baby spinach

½ cup crumbled blue cheese (or feta cheese)

### Directions

1. In a medium bowl, toss the tofu (or turkey) with the Southwest marinade mix to coat, and allow to stand for 15 minutes.
  2. Meanwhile, mix the diced strawberries, red onion, cilantro, jalapeno pepper, and lime juice in a bowl. Season to taste with freshly ground pepper; set aside.
  3. Spray a large, non-stick skillet with cooking spray, and heat over medium-high heat. Add tofu (or turkey) and cook until warmed (for turkey, cook until lightly browned) – about 5 minutes.
- When ready to serve, place tortillas on a microwave-safe plate and cover with a damp paper towel. Microwave for 30 seconds. To assemble, evenly divide the cooked tofu (or turkey) onto each tortilla. Top with spinach, blue cheese and strawberry salsa. Roll into a wrap