

### Turkey Pepper Roll

#### INGREDIENTS:

2 oz. Deli style turkey breast (2 slices)\*  
1 T. Reduced fat cream cheese  
½ C Chopped red bell pepper

#### DIRECTIONS:

Spread ½ T of reduced fat cream cheese on one slice of turkey breast and sprinkle bell pepper on top. Roll together. Repeat with second slice.

Makes 1 serving.

Calories per serving: 107

#### NUTRITIONAL INFORMATION PER SERVING:

12 g protein  
8 g carbohydrates  
4 g fat  
711 mg sodium\*  
31 mg cholesterol  
1 g fiber

\* To reduce sodium use fresh cooked turkey breast