

# Southwestern Beef Roll-Ups

From the National Heart, Lung, and Blood Institute's Keep the Beat  
<https://healthyeating.nhlbi.nih.gov/recipe/detail.aspx?linkId=0&cld=10&rld=161&AspxAutoDetectCookieSupport=1>

## Ingredients

- 4 whole-wheat tortillas (6½ inch)
- 4 red leaf lettuce leaves, rinsed and dried)
- 4 oz low-sodium deli roast beef

## For spread:

- 1 Tbsp light mayonnaise
- 1 tsp lime juice (about ½ fresh lime)
- ½ tsp hot sauce

## Instructions

1. Combine ingredients for the spread. Mix well.
2. Spread about 1 teaspoon of spread on each tortilla.
3. Top each tortilla with one lettuce leaf and 1 ounce roast beef (about two slices).
4. Fold sides in, and roll.
5. Serve with a side of Tangy Salsa.

## Makes 4 serving

## Nutrition information per serving

Calories: 190	Dietary Fiber: 2 g
Total Fat: 5 g	Sodium: 302 mg
Saturated Fat: 0 g	Protein: 11 g
Cholesterol: 21 mg	Carbohydrates: 23 g