



# Turkey “Snail” Rolls

Makes: 50 child servings

## Ingredients

Imperial Measurement	Ingredient	Metric Measurement
25	whole wheat tortillas	25
5	avocados, peeled and mashed	5
2 ½ cups	sour cream or mayonnaise	625 mL
¼ tsp	salt	1 mL
¼ tsp	pepper	1 mL
25	turkey, smoked, sliced	25
25-50	cheese, sliced	25-50
	lettuce	

## Instructions

1. Combine mashed avocado and sour cream/mayonnaise in a bowl. Combine well. Season with salt and pepper.
2. Spread tortillas with avocado mixture. Top with turkey, cheese, and lettuce.
3. Roll the tortillas and place them seam-side down on a serving platter. Refrigerate for 30 minutes.
4. Just prior to serving, slice tortillas into ½ inch slices (snails). Transfer to serving platters.



## **Nutrition Information**

Serving 89 g

Calories 200

Fat 12 g

Saturated 6 g

+ Trans 0 g

Sodium: 350 mg

Carbohydrates: 14 g

Fibre 3 g

Sugars 1 g

Protein 8 g

Calcium 150 mg

Iron 0 mg

## **Food Guide Servings**

½ Meat & Alternative

1 Grain Product

½ Milk & Alternative