



## Rockin' Rocket Ship

Serves 1. Prep time: 10 minutes.

### Ingredients

- ¼ cup nonfat Greek yogurt
- ½ avocado, chopped
- ½ teaspoon lemon juice
- 1 lettuce leaf
- 1 slice deli turkey
- 3 slices cheddar cheese
- 2 12-inch multigrain tortillas
- 1 radish, sliced
- 1 orange bell pepper
- 1 yellow bell pepper

Take your taste buds to outer space with this yummy rocket ship sandwich!



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## Preparation

### Make your rocket

Put the yogurt, avocado and lemon juice in a bowl and stir well. Spread the mixture on a tortilla, then top with lettuce, turkey and cheese. Roll up the tortilla, then cut off one end of the wrap to make a straight edge. Cut the other end of the wrap into a point and place on a plate. Cut two triangles from the second tortilla and place them on each side of the rocket at the bottom.



### Decorate your rocket

1. Arrange radish slices in a line for the windows.
2. Cut slices of bell peppers and arrange them for the blast-off flames.
3. Optional: cut small squares from the bell peppers for people's faces and place on top of each radish slice.
4. Cut stars and a moon out of the bell peppers and place them around the rocket.



Recipe and photos by Mighty Media, Inc., [mightymedia.com](http://mightymedia.com)

## Nutritional information per serving

Calories	Fat	Cholesterol	Sodium	Carbs	Fiber	Protein
470	21 g.	35 mg.	740 mg.	46 g.	10 g.	25 g.

The nutritional values and information provided are approximations.