

Serves I. Prep time: 10 minutes.

## **Ingredients**

- 1/4 cup nonfat Greek yogurt
- ½ avocado, chopped
- ½ teaspoon lemon juice
- · I lettuce leaf
- I slice deli turkey
- 3 slices cheddar cheese
- 2 12-inch multigrain tortillas
- · I radish, sliced
- I orange bell pepper
- · I yellow bell pepper

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



# Rockin' Rocket Ship

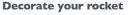
### **Preparation**

#### Make your rocket

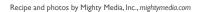
Put the yogurt, avocado and lemon juice in a bowl and stir well. Spread the mixture on a tortilla, then top with lettuce, turkey and cheese. Roll up the tortilla, then cut off one end of the wrap to make a straight edge. Cut the other end of the wrap into a point and place on a plate. Cut two triangles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







- 1. Arrange radish slices in a line for the windows.
- Cut slices of bell peppers and arrange them for the blast-off flames.
- 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.







#### **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.

