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Roast Beef Wrap

Makes 1 serving. Recipe adapted from Cooking Light Magazine.

Ingredients

1 tablespoon mayonnaise
3/4 teaspoon wasabi paste
1/2 teaspoon low-sodium soy sauce
1 10-inch multigrain wrap
1 cup baby arugula
4 ounces thinly sliced deli roast beef
2 scallions, trimmed, halved lengthwise
1/4 cucumber, peeled if desired, cut lengthwise into thin strips (1/2 cup) or tomato slices

Nutritional info per serving

Calories:	444
Total fat:	19g
Cholesterol:	65mg
Sodium:	1518mg
Total Carbs:	38g
Dietary Fiber:	6g
Protein:	33g

Directions

1. In a bowl, mix mayonnaise, wasabi and soy sauce.
2. Spread over wrap; top with arugula and beef.
3. Arrange scallions and cucumber or tomatoes down center, then roll up tightly. Cut in half.