

## Turkey Pinwheels Lunch



Bite-size pinwheels of turkey, cheese and lettuce make an appealing centerpiece of this lunch box. Crisp celery sticks and juicy blueberries are tasty accompaniment, while popcorn, mixed with chocolate chips, makes a satisfying snack or dessert. Plus, this healthy lunch is so easy to pack and can even be made the night before.

2 slices of low sodium turkey  
1 slice of American cheese  
1 whole grain tortilla  
Celery or carrot (sliced into sticks)  
1 Tablespoon of chocolate chips

1 Tablespoon low fat mayonnaise  
1 leaf of Romaine Lettuce  
Blueberries (rinsed)  
1 cup of popcorn

Make your turkey pinwheels by spreading the mayonnaise on the tortilla and placing the turkey and the lettuce on it. Roll the tortilla and slice into bite size pieces.  
Mix popcorn and chocolate chips together in a small bowl.