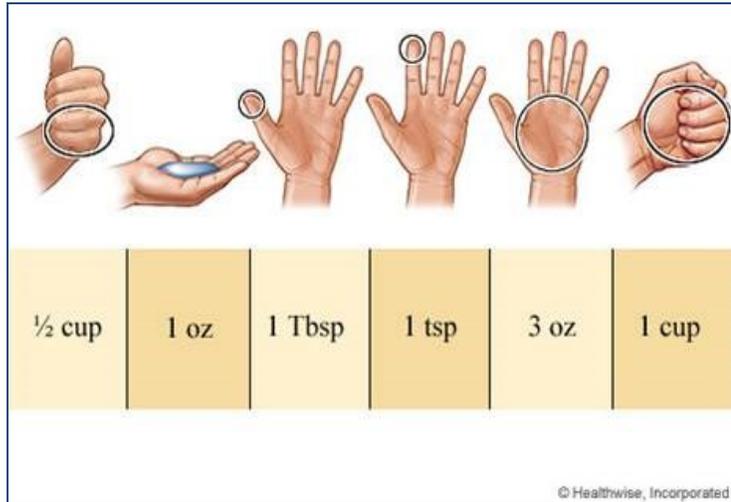




We are here to help!



1-800-928-4416  
diabetes@lcdhd.org



Lake Cumberland District Health Department

A Healthy Today for a Brighter Tomorrow

## Remember Portions Matter

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## BBQ Ranch Wraps

### Ingredients

- 2 tbsp. Reduced-fat Ranch dressing
- 1 tbsp light mayo or salad dressing
- 2 cups packaged shredded broccoli (broccoli slaw mix)
- 4 whole grain flour tortillas (8-inch)
- 2 tbsp bottled BBQ sauce
- 8 oz cooked chicken breast or turkey breast, shredded

### Directions

1. In a medium bowl, combine ranch dressing and mayo or salad dressing; stir in broccoli mixture.
2. Spread BBQ sauce onto tortillas. Top with chicken or turkey.
3. Add broccoli mixture on top of meat and roll up tortillas.



Nutrition Facts per serving:  
Serving Size: 1 wrap  
Calories 279  
Total fat 7g (Saturated fat 1g )  
Cholesterol 51mg  
Sodium 539mg  
Carbohydrate 31g  
Fiber 3g  
Protein 23g

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