



Turkey Rollups



Entire recipe: 30 calories, <0.5g total fat (0g sat. fat), 395mg sodium, 0g carbs, 0g fiber, 0g sugars, 6g protein

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Ingredients

2 slices (about 1 oz.) low-sodium skinless turkey breast
1 dill pickle spear
Optional dip: mustard (yellow, brown, or Dijon)

Directions

Wrap turkey slices around pickle spear. Secure with toothpicks if needed.

MAKES 1 SERVING

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