

## **AsparaWheels**

### **Ingredients**

- 1 10-inch flour tortilla
- 4 teaspoons fat-free cream cheese
  - 1 thin slice of ham deli meat
  - 2 cooked asparagus spears

### **Directions**

- Spread cream cheese over warm tortilla
  - Place deli meat over cream cheese
    - Add asparagus spears
- Wrap into a roll and slice vertically into sections

***Enjoy!***

