

Salsa Turkey Grill



Ingredients:

2 slices whole grain bread

1 slice of fat-free cheese

5 slices thin sliced lean
turkey breast

1 Tbsp. Thick, chunky salsa

1 tsp. soft margarine

Directions:

TOP 1 of the bread slices with cheese slice, turkey and salsa; cover with remaining bread slice.

SPREAD outside of sandwich with margarine.

COOK in nonstick skillet on medium heat 3 min. on each side or until lightly browned on both sides.

Nutrition Facts:

Calories - 250

Total Fat - 7g

Carbs - 29g

Fiber - 4g

Sugar - 4g

Protein - 19g

Prep Time:
5 minutes

Total Time:
11 minutes

Makes:
1 serving