

Sardine Wrap

Yield: 4 servings

Ingredients

2 cans (3.75 oz./106 g per can) sardines with hot Tabasco peppers, drained
4 soft tortillas, medium size
1 small can green chilies
1/2 cup (125 mL) Cheddar cheese, shredded
1/2 cup (125 mL) salsa
1/4 cup (60 mL) light sour cream

Choice of: chopped onion, sweet Bell peppers, lettuce, jalapeno or other peppers, avocado, refried beans.

Preparation

Flake the sardines with a fork and spread over tortilla shells.

Add chilies, cheese, salsa, sour cream and other desired toppings.

Roll up the wrap.

Serve with additional salsa and sour cream.

Alternate serving suggestion: Place rolled burritos in a buttered baking dish, top with another 1/2 cup of shredded cheddar cheese and bake at 375°F for 15 minutes or until heated through.

PER SERVING (1 wrap)

(approximate values)

Calories: 350

Calcium: 320 mg

Vitamin D: 250 IU