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Turkey Cheddar Lunch Roll-Ups

Introduction

Turkey Cheddar Lunch Roll-Ups are a quick and nutritious meal option perfect for busy days or a tasty snack. These easy-to-make roll-ups combine the savory flavors of turkey and cheddar cheese with fresh vegetables, creating a balanced and satisfying dish. Ideal for lunch boxes or as a light dinner, this recipe is sure to please kids and adults alike.

Detailed Ingredients with measures

- Sliced turkey breast
- Cheddar cheese slices
- Tortillas (flour or whole wheat)
- Spinach or lettuce leaves
- Bell pepper, sliced
- Cream cheese or hummus (optional for added flavor)

Prep Time

Preparation for Turkey Cheddar Lunch Roll-Ups takes approximately 10 minutes. This quick prep time makes it a fantastic option for those with tight schedules or for a last-minute meal solution.

Cook Time, Total Time, Yield

Cook time is minimal as this is a no-cook recipe, focusing instead on assembly. The total time to prepare these roll-ups is around 10 minutes. This recipe yields 4 roll-ups, making it a great option for lunch or as appetizers for a small

gathering.



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Detailed Directions and Instructions

Click next page below