

Asparagus Turkey Roll-Ups

These tasty appetizers will get your mouth watering for more healthy snacks. They are quick and easy to make and only needs 3 ingredients.

Recipe Type: Appetizer, Side Dish

Degree of Difficulty: Easy

Ingredients

16 each Asparagus spears, drained
32 slices Turkey Breast Deli Meat
8 ounces cream cheese (light or fat-free)



Directions

- 1 Heat oven to 350 degrees.
- 2 Lay turkey slices flat in stacks of 2 each.
- 3 Spread each stack with cream cheese.
- 4 Place asparagus spear at one end (lengthwise) of the turkey stack.
- 5 Roll-up tightly and place on baking sheet seam side down.
- 6 Bake 15 to 20 minutes or until heated through.

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 20 minutes

Total Time: 25 minutes

Nutrition Facts

Nutrition (per serving): 68 calories, <1g total fat, <1g saturated fat, 13.2mg cholesterol, 583.5mg sodium, 4.7g carbohydrates, <1g fiber, 2.8g sugar, 10.8g protein.

Servings: 16

Yield: 16 roll-ups

Weight Watchers Points

Note: The asparagus and turkey breast deli meat was not used to calculate the FreeStyle SmartPoints. For the other points the asparagus was not used.

Orig. WW Pts: 1

Points Plus: 2

Smart Points: 1

FreeStyle Smart Points: 1

Tips

You can use ham slices instead of turkey or use both to mix it up for your appetizers. To reduce the fat and calorie count even more (making it even healthier) try using non-fat cream cheese instead.

Web Page: <http://www.exercise4weightloss.com/appetizer-recipe-asparagus-rollup.html>