



Herb-Marinated Fresh Mozzarella Wraps

Ingredients:

- ¾ cup (3 ounces) diced fresh mozzarella cheese
- 2 tablespoons chopped fresh basil
- 2 tablespoons chopped pitted kalamata olives
- 1 tablespoon chopped fresh chives
- 1 tablespoon chopped fresh oregano
- 1 teaspoon olive oil
- ¼ pound thinly sliced pepper ham
- 16 asparagus spears, steamed and chilled (about ¼ pound)
- 4 (8-inch) fat-free flour tortillas

Directions:

- Combine the first 6 ingredients in a medium bowl. Cover and chill 2 hours.
- Arrange 1 ounce of ham and 4 asparagus spears on each tortilla. Spoon about 1/3 cup cheese mixture over the asparagus, and roll up.
- Note: These wraps may be assembled up to 4 hours in advance, though the tortillas will begin to absorb moisture if prepared too far in advance. Pepper ham is available in the deli section of most supermarkets. If you are unable to find it, substitute regular ham, and add ¼ teaspoon freshly ground black pepper to the cheese as it marinates.

Yield: 4 servings (serving size: 1 wrap)

Nutritional Information: Calories 230 (30% from fat); Fat 7.7g (sat 3.5g, mono 3.2g, poly 0.5g); Iron 1.9mg; Cholesterol 30mg; Calcium 130mg; Carbohydrate 26.7g; Sodium 862mg; Protein 13.4g; Fiber 1.8g

Recipe Source: Cooking Light, APRIL 2001

Past recipes may be obtained by going to the [Heartland Health](http://www.heartland-health.com/) web page (<http://www.heartland-health.com/>, KQ2 recipes) or by clicking on the Heartland Health logo above.