**Avocado and Provolone Turkey Wraps**

**Ingredients**
- Tortilla wrap
- Garlic and herb laughing cow cheese
- Spinach
- Black pepper turkey
- Provolone cheese
- Sliced avocado
- Red bell pepper

**Directions**
1. Layer tortilla with garlic and herb laughing cow cheese, spinach, black pepper turkey, 2 slices provolone cheese, 1/4 sliced avocado, and 4 strips red bell pepper.
2. Roll up to make wrap.

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**Taco Salad**

**Ingredients**
- 12-ounce bag shredded lettuce
- 1 tomato, diced
- 1 onion, diced
- 4-ounce can diced green chilies
- 1 pound lean ground beef
- 1/4 cup sliced black olives
- 1/4 cup jalapeno peppers
- 1/4 cup Reduced Fat 4 Cheese Mexican Shredded Cheese
- 1 1/4-ounce packet less sodium taco seasoning
- Optional
  - light sour cream
  - diced avocado

**Directions**
1. In a medium skillet, brown diced onion and ground meat until no longer pink. Drain any remaining grease from meat.
2. Over low heat, add in diced green chilies, taco seasoning, and 1/4 cup water to meat and stir.
3. Remove from heat and let meat stand for 5 minutes.
4. In a large bowl, add lettuce, tomatoes, jalapeno peppers, and black olives. Toss to mix lightly.
5. To serve, add 1/4 of salad mixture in a bowl.
6. Top salad with 1/4 meat mixture.
7. Sprinkle each taco salad with cheese and add optional toppings including reduced-fat sour cream and diced avocado.