Spinach and artichoke side

Ready in 15 minutes • Makes 4 servings

- 16 oz spinach
- 15 oz frozen artichoke hearts
- 8 oz low-fat ricotta cheese
- 1 small red onion, chopped
- 2 cloves garlic, minced
- ½ tsp nutmeg
- Sea salt and pepper, to taste

Mix all ingredients together in a bowl. Sauté mixture in a pan for 10 minutes and heat through.

**NUTRIENTS PER SERVING:**
Calories: 140, Total Fats: 4 g, Saturated Fat: 2 g, Trans Fat: 0 g, Cholesterol: 20 mg, Sodium: 300 mg, Total Carbohydrates: 18 g, Dietary Fiber: 9 g, Sugars: 3 g, Protein: 12 g, Iron: 3 mg

Mexican breakfast wrap

Ready in 10 minutes • Makes 1 serving

2 slices (2 oz) extra-lean turkey ham
1 slice (1 oz) low-sodium, low-fat Swiss cheese
2 scrambled eggs
Salsa, to taste
1 whole-wheat tortilla

1. Preheat oven to 400°F.

2. Place ham, cheese, eggs and salsa in the tortilla. Roll tortilla securely and place wrap into the oven.
3. Bake for 7 minutes.

NUTRIENTS PER SERVING: Calories: 370, Total Fats: 16 g, Saturated Fat: 4 g, Trans Fat: 0 g, Cholesterol: 415 mg, Sodium: 940 mg, Total Carbohydrates: 26 g, Dietary Fiber: 2 g, Sugars: 2 g, Protein: 28 g, Iron: 3 mg