

# Skinny Crunchwraps

**Yield:** 4 Servings   **Author:** Lauren

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Prep time: 5 M   Cook time: 15 M   Total time: 20 M

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Taco meat stuffed in a tortilla with a hard shell, tomatoes, lettuce, greek yogurt, and cheese soup and grilled for a healthier version of Taco Bell's CrunchWrap

## INGREDIENTS:

- 1 lb 99% Fat Free Ground Turkey
- 1 Packet Taco Seasoning
- 8 Flour Tortillas - 1 WW Point each
- 4 Toastda Shells
- 1 can Diced Tomatoes, Drained
- 1 bag Shredded Lettuce
- 1 personal size Fat Free Plain Greek Yogurt
- 1 can Condensed Cheese Soup

## INSTRUCTIONS:

1. Preheat george foreman grill or sandwich maker
2. In a nonstick skillet, cook the ground turkey until no pink remains
3. Add the taco seasoning and about 1/4 cup water and mix until turkey is evenly coated
4. Place a flour tortilla on a plate and scoop 1/4th the meat into the center of the tortilla
5. Place a tostada shell on top of the meat
6. Top the hard shell with tomatoes, lettuce, cheese soup, and greek yogurt
7. Place another flour tortilla over the top and tuck the edges under the hard shell
8. Fold the bottom tortilla up over the top and spray with non-stick spray
9. Place wrap in grill/sandwich maker and cook until golden, about 5 minutes
10. Serve Hot and Enjoy!