



Wedge Salad Wrap



Entire recipe: 240 calories, 10.5g total fat (3.5g sat fat), 817mg sodium, 30g carbs, 8g fiber, 4.5g sugars, 13.5g protein

Green Plan [SmartPoints](#)® value 7*

Blue Plan (Freestyle™) [SmartPoints](#)® value 7*

Purple Plan [SmartPoints](#)® value 7*

Prep: 5 minutes **Cook:** 10 minutes



Tagged: [Lunch & Dinner Recipes](#), [Single Serving](#), [30 Minutes or Less](#)

Ingredients

- 1 1/2 cups shredded lettuce
- 1 tbsp. light blue cheese dressing
- 2 strips center-cut bacon or turkey bacon
- 1 large high-fiber flour tortilla with 110 calories or less (like [the kinds by La Tortilla Factory](#))
- 1/4 cup chopped tomato
- 2 tsp. crumbled blue cheese

Directions

In a medium bowl, toss lettuce with dressing.

Cook bacon until crispy, either in a skillet over medium heat or on a microwave-safe plate in the microwave. (See package for cook times.)

Microwave tortilla for 10 seconds, or until warm and pliable. Place dressed lettuce in the center, and top with tomato, bacon, and blue cheese crumbles.

Wrap tortilla up like a burrito, folding the sides in first, and then rolling it up from the bottom.

MAKES 1 SERVING

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **[SmartPoints](#)® values*** of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The **[SmartPoints](#)®** values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **[SmartPoints](#)®** trademark.