Peach yogurt and Dijon mustard are the special ingredients that make this turkey vegetable wrap taste great!

**Turkey Vegetable Wrap with Soup**

**Prep Time:** 15 Min  
**Start to Finish:** 15 Min

3 tablespoons Yoplait® Greek 100 peach yogurt (from 5.3-oz container)  
2 teaspoons Dijon mustard  
1 whole-grain flatbread wrap  
1/2 cup spring mix salad greens  
2 slices (1 oz each) deli sliced turkey  
1/4 cup matchstick-cut carrots  
1/2 small cucumber, cut lengthwise into thin strips  
1/4 cup (1/4-inch wide wedges) red onion  
1 can Progresso® Light chicken & cheese enchilada flavor soup

1. In small bowl, mix yogurt and mustard; spread over wrap. Top with salad greens, sliced turkey, carrots, cucumber and red onion, leaving 2 inches at one side covered only with yogurt mixture. Beginning at side covered with fillings, roll up tightly. Cut in half.
2. Heat soup as directed on can. Serve with rollups.

**2 servings**

**1 Serving:** Calories 240 (Calories from Fat 50); Total Fat 6g (Saturated Fat 1.5g, Trans Fat 0g); Cholesterol 25mg; Sodium 1290mg; Total Carbohydrate 32g (Dietary Fiber 11g, Sugars 3g); Protein 15g

**% Daily Value:** Vitamin A 70%; Vitamin C 4%; Calcium 15%; Iron 10%

**Exchanges:** 2 Starch, 1/2 Vegetable, 1 Lean Meat, 1/2 Fat

**Carbohydrate Choices:** 2

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Pear slices would be an ideal side to serve with the rollups and soup.  
If flatbread wraps are not available, use 8-inch whole wheat or spinach tortillas.