

# CopyCat Taco Bell Crunchwrap

## CopyCat Taco Bell Crunchwrap Supreme

Serves 1, 10 FSP

You can make this dish less points by using fat free ground turkey, an Ole wrap and greek yogurt in place of sour cream

- 1 large flour tortilla (the one I used was 5 FSP)
- 1 tostada shell
- 2 Tbsp queso cheese, warmed a bit
- 3 oz taco seasoned 96% lean ground beef
- 2 Tbsp fat free sour cream
- shredded lettuce
- chopped tomatoes
- 1 oz 75% reduced fat Cabot cheese (shredded)

1. In the center of the tortilla, spread the queso in a circle the size of the tostada. Top with ground beef (make sure it's warm)
2. Top with the tostada shell. Spread sour cream on shell and top with lettuce, tomato and shredded cheese.
3. At this point, I take a round cookie cutter and cut out a 4 inch piece of tortilla from another tortilla because the wrap doesn't quite fit. Put the piece on top of the cheese.
4. To fold into the crunchwrap shape, start with the bottom of the tortilla and fold the edge up to the center of

the fillings. Keep doing that, wrapping as tight as possible as you work your way around

5. Spray a skillet with cooking spray and heat. Add the crunch wrap, seam side down, to pan. Cook 2-3 minutes or until it starts to brown. Flip over and cook an additional 2-3 minutes or until golden brown. Serve immediately