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Wrap-Up Those Leftovers

Keep this recipe handy for your Thanksgiving leftovers. A healthy combination of plant-based, cancer-fighting foods and leftover turkey easily turns into a quick lunch. The wrap's appeal comes from the variety of textures - crunchiness from the apples and spinach, firmness from the turkey and creaminess from the simple dressing - surrounded by a nutty lavash wrap.

Turkey, Spinach and Apple Wrap

- 1 Tbsp. reduced-fat mayonnaise
- 2 tsp. honey mustard
- 2 (8-in) whole-wheat lavash wraps or flour tortillas
- 2 cups (washed and dried) baby spinach leaves, loosely packed, or two large leaves of a soft leafy green lettuce
- 4 thin slices turkey breast (4 ounces)
- 1/4 Granny Smith apple, sliced paper-thin

Combine mayonnaise and mustard. Lay out both wraps. Spread the edges of each with the mayonnaise mixture. Leaving a margin free on the side closest to you, arrange a layer of greens on top of wraps. Top each layer with half the turkey. Evenly divide apple slices and lay lengthwise across turkey. Fold over the end of the wrap closest to you, then the two sides. Roll the wrap as tightly as possible toward the opposite side. Cover each wrap tightly in plastic wrap and refrigerate, seam side down, up to 4 hours before serving. When ready to serve, remove plastic wrap and cut each wrap in half, at an angle.

Makes two wraps, or 2 servings

Per serving: 260 calories, 6 g. total fat (1 g. saturated fat), 28 g. carbohydrate, 22 g. protein, 3 g. dietary fiber, 444 mg. sodium.