



# Leftover Roasted Turkey Wrap

Prep: 5 minutes | Cook: 5 minutes | Total: 10 minutes

Yield: 1 serving | Serving Size: 1 wrap

## Ingredients

- 1 tablespoon nonfat plain Greek yogurt
- 1 tablespoon leftover cranberry sauce
- 1 (8-inch) whole-wheat tortilla, warmed
- 3 ounces leftover roasted turkey breast, sliced or chopped (about ½ cup)
- ¼ avocado, pitted, peeled, and sliced
- ½ cup mixed salad greens or fresh spinach
- 2 tablespoons shredded carrot
- 2 tablespoons diced tomato
- 1 tablespoon thinly sliced scallion (green onions)
- Pinch ground black pepper

## Directions

1. In a small bowl, add the Greek yogurt and cranberry sauce. Stir to combine, then set aside.
2. Lay the warmed tortilla on a clean flat surface, such as a cutting board. Spread the yogurt mixture evenly over the tortilla, leaving about a 1-inch border on all sides.
3. Layer the turkey, avocado, lettuce, carrot, tomato, green onion, and black pepper onto the bottom half of the tortilla, still leaving a 1-inch border.
4. Roll up the tortilla into a wrap by folding the sides in toward the center, then rolling the bottom up toward the top.
5. (Optional) Heat the wrap under the broiler until lightly toasted, about 2-3 minutes on each side.
6. Cut the wrap in half and serve.

## Recipe Notes

- For a different flavor profile, try substituting Ranch dressing for the plain Greek yogurt and salsa for the leftover cranberry sauce.
- Make this recipe any time of the year using leftover roasted chicken breast or rotisserie chicken.
- Try replacing the shredded carrot with grated jicama or sweet potato.

**Nutrition Facts Per Serving: Calories: 430 | Total Fat: 19.5 g | Saturated Fat: 5 g  
Sodium: 255 mg | Total Carbohydrate: 33 g | Dietary Fiber: 9.5 g | Protein: 33.5 g**

For more recipes, please visit [www.nutrition.va.gov](http://www.nutrition.va.gov)



**VA** | U.S. Department  
of Veterans Affairs