

DINNER IN A FLASH!

Turkey Avocado Jicama Wraps

Recipe adapted by Heather King, MS, RD, CDE

Looking for a go-to summer dish that's healthy and quick? It's a wrap!

Serves 4, prep time 10 minutes

Ingredients:

1/4 cup low-fat ranch dressing or plain yogurt
2 tablespoons chipotle salsa
1/4 teaspoon finely grated orange zest
4 (8-inch) whole wheat tortillas
12 ounces sliced oven-roasted turkey breast (from deli)
1 ripe Hass avocado, pitted, peeled and sliced
2 cups mesclun (assorted small young salad greens) or 1 bunch cilantro
1 1/2 cups grated jicama
1 tomato, thinly sliced
2 scallions, thinly sliced (white and green parts)
Kosher salt and freshly ground black pepper



Preparation:

In a small bowl, combine the ranch dressing with the salsa and orange zest.

Lay the tortillas on a cutting board and spread the ranch mixture evenly over each one, leaving about a 1-inch border on all sides.

Layer the turkey, avocado, greens, jicama, tomato and scallions evenly over each tortilla, still leaving a border.

Season with salt and pepper. Roll up like a pinwheel. Halve and serve.

Nutritional information per serving as written:

Calories: 423	Fat: 14.4 g	Sodium: 596 mg
Carbohydrate: 41.5 g	Saturated Fat: 2.4 g	Fiber: 7.9 g
Protein: 32.1 g	Cholesterol: 73.8 mg	Sugars: 3.8 g

More recipes online! Go to www.PacMed.org/recipes.