TURKEY VEGGIE WRAPS

Ingredients:

- 4 radishes
- 1 cup salad greens
- 1 lemon, zested and juiced
- 1 large avocado, mashed
- ¼ cup non-fat plain yogurt
- 1 carrot, peeled
- 3 sprigs fresh herbs (parsley/cilantro), chopped
- 2 ounces low fat cheddar cheese, grated
- 3 (8-inch) whole wheat flour tortillas
- 5 ounces thinly sliced roasted turkey

Directions:

1. Use a vegetable peeler to peel radishes and carrots into long, thin strips. In a medium bowl, collect veggie strips.

2. In a bowl, mix mashed avocado with yogurt, 1 tsp lemon juice, herbs and a pinch of lemon zest.

3. Warm 1 tortilla in the microwave for 30 seconds. Place the warm tortilla on a cutting board. Spread some avocado mixture over center of tortilla. Layer with the greens, grated veggies, cheese & turkey. Squeeze more lemon juice over the mixture.

Find more recipes and resources online at: www.gcfb.org/recipes_resources
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