



Turkey, Spinach and Apple Wraps

Source: *New School Cuisine*

Servings

6

Ingredients

3 12-inch, honey wheat wraps

3/4 cup baby spinach leaves, *loosely packed*

12 oz or 24 slices of thinly sliced turkey breast

2 gala (or other seasonal) crisp apples, *sliced very thin*

1/2 cup shredded cheddar cheese



Preparation

1. Leaving a margin free on the tortilla side closest to you, sprinkle a layer of approximately 1/2 cup greens. Top each layer with 4 slices of turkey.
2. Evenly divide apple slices and lay lengthwise across turkey. Sprinkle shredded cheese onto wrap.
3. 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.
4. When ready to serve, cut each wrap in half, at an angle. Each wrap provides 2 servings.

Did You Know?

The average American eats about 30 pounds of lettuce every year. That's about five times more than in the early 1900s.

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