



## Turkey Avocado Wrap

### Ingredients:

- 1 (9-inch) whole-wheat tortilla wrap
- 1 Tbsp. fruit chutney, such as mango or peach
- 2 oz. roasted turkey breast, sliced
- 4 thin tomato slices
- 2 Tbsp. shredded, low fat cheddar cheese
- 1 tsp. minced cilantro (optional)
- ¼ avocado, sliced into wedges

**YIELD: 1 wrap (1 to 2 servings)**

### Instructions:

- 1) Lay the tortilla on a cutting board and spread with fruit chutney.
- 2) Cover the same area with sliced turkey.
- 3) Lay the tomato over the turkey.
- 4) Sprinkle with the cheese and cilantro (if using).
- 5) Place the avocado wedges across the bottom of the tortilla, 2 inches away from the edge.
- 6) Fold the bottom of the tortilla up and over the avocado, fold the two sides in, and pull at the bottom.
- 7) To keep the filling from pushing forward, keep pulling the rolled part toward you. This also helps make a firm roll.

### Substitutions/Additions:

- Use Montana-made whole wheat tortillas, such as Trevino's, and cheese, such as Lifeline Farm Creamery, if available.
- Use cranberry sauce, any tart fruit spread, or salsa in place of chutney.
- For a zestier sandwich, use grated pepper jack cheese or add your favorite mustard.

### Nutrition Analysis:

Serving Size: 1 wrap

Calories: 380

Total Fat: 11 g

Calories from Fat: 29%

Saturated Fat: 2.5 g

Trans Fat: 0.0 g

Total Carb: 38 g

Dietary Fiber: 8 g

Sodium: 460 mg

Protein: 32 g

Calcium: 107 mg

Iron: 3.8 mg

### Recipe Source

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