

Turkey Sandwich Wrap



Looking to break out of your sandwich rut? This yummy tortilla wrap, stuffed with leftover roast turkey or sliced deli turkey, tomato, spinach, provolone, and Parmesan cheese, makes a tasty alternative for your brown bag lunch.

Ingredients

- 1 large (10-inch/25-cm) flour tortilla, regular or flavored
- 1 tbsp. (15 mL) mayonnaise
- 1 tbsp. (15 mL) grated Parmesan cheese
- 2 oz. (57 g) leftover roast turkey or sliced deli turkey
- 1 tbsp. (15 mL) chopped red onion
- 1/4 cup (50 mL) baby spinach leaves
- 1 oz. (28 g) sliced Provolone, Swiss, or Cheddar cheese
- 2 thin slices tomato
- salt and pepper to taste

Cooking Instructions

1. In a small bowl, stir together mayonnaise and Parmesan cheese. Spread over tortilla to within 1/2 inch (1 cm) of the edges. Top with turkey, red onion, spinach, sliced cheese and tomato slices, layered in the order listed in a row along the center one-third of the tortilla. Sprinkle lightly with salt and pepper to taste.
2. Roll the tortilla up tightly to enclose the filling, then cut in half crosswise. Eat immediately or wrap both halves in plastic wrap and pack in a lunch bag.