

Spicy Turkey Wraps with Strawberry Salsa

- ❖ Obtain 2 turkey portions, 2 tortilla portions and blue cheese dressing from refrigerator***, shelf ***.
- ❖ Put on gloves, discard and replace as needed.
- ❖ In the quart bag in the small metal canister place:
 - Turkey from portion bags
 - 2 tsp. southwest seasoning x 2
- ❖ Seal bag and massage to mix ingredients, remove excess air, and set aside.
- ❖ In the small plastic container place:
 - 1/2 Tbsp oil x 2
- ❖ Seal the lid tightly and set aside.
- ❖ In another quart bag in the small metal canister place:
 - 1/2 c. strawberries x 2
 - 1/4 c. red onion x 2
 - 1/8 c. cilantro x 2
 - 1/2 Tbsp. jalapeno x 2
 - 1/2 Tbsp. lime juice x 2
 - 1/2 tsp. salt x 2
 - 1/8 tsp. pepper x 2
- ❖ Seal bag, removing excess air, and set aside.
- ❖ In the larger plastic container place:
 - 1/8 c. blue cheese dressing x 2
- ❖ Seal lid.
- ❖ Remove and discard gloves.
- ❖ Obtain a gallon bag and place a label (right hand drawer) to the outside, press firmly.
- ❖ Place all including the tortilla portions into the labeled bag.
- ❖ Seal and store on your freezer shelf.
- ❖ Wash hands and proceed to next station.

TO DO:

Cut turkey cutlets into ¼ inch slices and portion (¾ lb. php) (fresh)
Thaw and drain frozen strawberries
Chop red onion
Chop cilantro
Seed and mince jalapenos
Portion 6 inch tortillas (4 php)

Spicy Turkey Wraps with Strawberry Salsa-Full Portion

Thaw completely in the refrigerator. Heat oil in a large skillet to medium-high heat. Add turkey, and cook until firm and lightly browned, about 5 minutes. Once done, microwave the tortillas for about 30 seconds to warm. To assemble, spread about ½ Tbsp of blue cheese dressing onto each tortilla. On top of the dressing evenly divide the cooked turkey and then a desired amount of strawberry salsa. Roll into a wrap and enjoy. If you desire, add fresh spinach and some mozzarella cheese.

Spicy Turkey Wraps with Strawberry Salsa-Half Portion

Thaw completely in the refrigerator. Heat oil in a large skillet to medium-high heat. Add turkey, and cook until firm and lightly browned, about 5 minutes. Once done, microwave the tortillas for about 30 seconds to warm. To assemble, spread about ½ Tbsp of blue cheese dressing onto each tortilla. On top of the dressing evenly divide the cooked turkey and then a desired amount of strawberry salsa. Roll into a wrap and enjoy. If you desire, add fresh spinach and some mozzarella cheese.

Description: Southwest seasoned turkey strips, blue cheese dressing and strawberry salsa wrapped in a tortilla. Simply summer! (Stovetop)

Cal: 406; Fat Cal: 166; Fat: 18g; Sat Fat:4g; Cholest: 79mg; Sodium: 733mg; Carb: 30g; Dietary Fiber: 2g; Protein: 30g