

VYP

Vary Your Protein Recipe Series

Recipe Category: Cold Main Dish

Easy Winter Holiday Wrap

Yield: 1 serving of 2 halves

- 1 tortilla, preferably whole wheat, 8 inches in diameter
- a dash of pumpkin pie spice
- 3 tablespoons canned solid pack pumpkin, without salt
- 2 tablespoons whole berry cranberry sauce
- a dash of dried sage leaves, if desired
- a dash of minced dried chives, if desired
- 1 cup torn or chopped fresh salad greens, such as romaine or spinach
- 2 ounces (a scant 1/2 cup) chopped roasted turkey (without skin, bones or fat)

1. Wash your hands and work area.
2. If desired, warm tortilla in a microwave oven.
3. In the order shown, spread ingredients over the entire surface of the tortilla.
4. Roll up tortilla. Secure closed with toothpicks, if desired.
5. Slice in half diagonally. Serve immediately, or if desired, cover and refrigerate until chilled.
6. Cover and refrigerate any leftovers within two hours.



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*Meal suggestion:
Serve with grapefruit
and low-fat milk.*

This healthy cold main dish is a quick way to combine foods that might be left after a traditional holiday meal. It is an excellent source of vitamins A and C, iron, and dietary fiber.

Nutrition Facts

Serving Size 2 halves (247g)
Servings Per Container 1

Amount Per Serving

Calories 300 Calories from Fat 35

% Daily Value*

Total Fat 4g **6%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 50mg **17%**

Sodium 220mg **9%**

Total Carbohydrate 42g **14%**

Dietary Fiber 5g **20%**

Sugars 12g

Protein 22g

Vitamin A 250% • Vitamin C 25%

Calcium 4% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

*3 carbohydrate
choices per serving.*

For more information about healthy eating, contact your local extension office or log on to www.ksre.ksu.edu/humannutrition/. The Food Assistance Program can help people of all ages with low income buy nutritious foods for a better diet. To find out more, call 1-888-369-4777. Recipe developed by Mary Meck Higgins, Ph.D., R.D., L.D., CDE, Associate Professor, Dept. of Human Nutrition, **Kansas State University Agricultural Experiment Station and Cooperative Extension Service, Manhattan, KS**. Contents of this publication may be reproduced for educational purposes. All other rights reserved. In each case, credit Mary Meck Higgins, "VYP Recipe Series," Jan. 2009. This material was funded by USDA's Supplemental Nutrition Assistance Program. Kansas State University is an equal opportunity provider and employer. Kansas State University, County Extension Councils, Extension Districts and the U.S. Department of Agriculture Cooperating.