

Fancy Fall Flavors Wrap

This recipe is bursting with nutrients! Loads of Vitamin A for healthy eyes, tons of Vitamin C for immunity, and iron to keep your blood circulating oxygen!

Serves 4



Ingredients

- ½ cup dry lentils, rinsed
- 1 cup water or vegetable broth
- 1 teaspoon cumin, divided
- Cooking spray
- 2 cups sweet potatoes or winter squash, peeled and chopped
- ½ teaspoon dried rosemary
- 4 cups greens (kale, chard, collard etc.)
- 3 garlic cloves, minced
- ½ pound lean ground turkey
- ½ teaspoon dried sage
- 4 whole wheat tortillas
- 2 medium tomatoes, chopped
- 4 tablespoons crumbled feta
- 4 tablespoons plain, Greek yogurt

Nutrition Facts

Serving Size 1 Wrap
Servings Per Recipe 4

Amount Per Serving

Calories 420 Calories from Fat 110

% Daily Value*

Total Fat 12g **18%**

 Saturated Fat 4g **20%**

 Trans Fat 0g

Cholesterol 70mg **23%**

Sodium 520mg **22%**

Total Carbohydrate 50g **17%**

 Dietary Fiber 12g **48%**

 Sugars 9g

Protein 30g

Vitamin A 300% • Vitamin C 100%

Calcium 20% • Iron 25%

*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

Please note: nutritional values are approximate.

Directions

1. Combine lentils, water or broth, and ½ teaspoon cumin in a large saucepan. Bring to a boil, reduce heat, and simmer 20-30 minutes, until all liquid is absorbed.
2. In a large pan coated in cooking spray, add chopped sweet potatoes/squash and rosemary, and sauté on medium heat until soft, about 10-15 minutes. Set aside.
3. Coat another large pan with cooking spray. Add garlic and greens and sauté on medium heat until the greens are brightly colored and tender. Set aside.
4. In separate pot, cook turkey, sage and the other ½ teaspoon cumin and over medium-high heat until browned.
5. Assemble wraps by layering lentils, sweet potatoes, mustard greens, and turkey on a whole wheat tortilla. Top with chopped tomato, crumbled feta, and Greek yogurt.

