

Turkey Avocado Crunch Wrap

20 MIN • SERVES 4 • LUNCH

INGREDIENTS

- 4 large spinach tortillas
- 8 oz sliced turkey breast
- 1 ripe avocado, sliced
- 1 cup shredded romaine lettuce
- 1/2 cup shredded carrots
- 1/2 cup cucumber, julienned
- 1/4 cup hummus
- 1/4 cup Dijon vinaigrette
- 1/4 cup crumbled goat cheese
- Sea salt and black pepper, to taste

DIRECTIONS

- 1 Lay the tortillas on a clean surface and spread each one with a thin layer of hummus.
- 2 Layer turkey, avocado, lettuce, carrots, cucumber, and goat cheese evenly across the center of each tortilla.
- 3 Drizzle lightly with Dijon vinaigrette and season with sea salt and black pepper.
- 4 Fold in the sides, roll tightly into wraps, and slice in half before serving.
- 5 Serve immediately, or wrap tightly and refrigerate for up to 1 day.

