

RECIPES

By John Fairchild

Busy lifestyle? Having difficulty getting healthier grains, lean protein, colorful vegetables and healthy fats in your meal without sacrificing taste and compromising your diet? Then Wrap it up!

Flatbreads (tortillas) have all the convenience and single hand-held, utensil-free ability over the classic bookend type sandwich while offering more variety than a sandwich which can get messy when you are eating in a hurry. Wraps are perfect for anyone who's looking for an quick, easy, healthy snack on the go and a way to use up leftovers.

Wraps have numerous benefits over the traditional meal that busy people are looking for.

1. Little effort and easy to put together
2. Little planning
3. Foods that are on hand-around the house
4. Pleasing all taste buds in the house
5. Easy clean up

We are premiering some healthy wrap ideas at the 4th annual PhillyFIT Workout-a-thon, Sat. March 19th workout, wine and dine! Try these recipes and get your own creative juices flowing by adding different vegetables, spreads, meats, marinades, spices and wraps (low carb, high fiber, and seasoned).



Southwestern Turkey and Avocado Wrap

Nourishes: 4

Ingredients:

- 4 (8" La Tortilla or Lo-Carb tortilla) (50-80 calories)
- 12 ounces oven roasted low sodium turkey breast
- ½ ripe avocado – peeled and sliced thin
- 1 tomato small diced
- 1 cucumber peeled and diced
- Alfalfa sprouts – ¼ container
- 2 Tbls. low fat sour cream
- Sliced black olives (8 medium)
- ½ small diced onion
- 1 Tbls. Olive oil
- 1 tsp. crushed red pepper
- Pepper to taste

Methodology: Combine onion, tomato, cucumber, olive oil, cucumber, sour cream, olives, and spices. Spread mixture on wrap, layer turkey, avocado and alfalfa sprouts on top. Fold in sides and roll up tightly.

Nutritional Profile per serving: Calories 285, Protein 26g, Fat 11g, Carbohydrate 18g

Featured Ingredient Notes: *Avocado* – Although they are high in fat (heart healthy fat-monounsaturated) avocados provide nearly 20 essential nutrients, including fiber, potassium, Vitamin E, B-vitamins and folic acid.



Chicken and Grape Salad Wrap with Yogurt Dressing

Nourishes: 4

Ingredients:

- La Tortilla lo-carb wrap (50-80 calorie)
- 12 ounces cooked chicken breast (baked, stewed or braised)
- Red grapes – about a dozen cut in half
- ½ cup greek yogurt
- ¼ cup low fat Hellmann's mayonnaise
- Fresh squeezed lemon juice (1/2)
- 3 Tbls. small diced celery
- 1 Tbls. Dijon or beer mustard
- 2 Tbls. chopped Green onion
- Fresh basil, small amount chopped
- 1 tomato sliced thin
- Salt and Pepper to taste
- 1 clove fresh garlic – chopped

Methodology: Cook chicken to 165 degrees, cool and dice. Place mayo, yogurt, mustard, spices, lemon juice, garlic and basil in mixing bowl and combine well. Add chicken, grapes, celery and onion. Spread mixture evenly on 4 tortillas, layer with tomatoes. Fold in sides and roll tightly.

Nutritional Profile per serving: Calories 245, Protein 22g, Fat 6g, Carbohydrates 22g

Featured Ingredient Notes: *Greek Yogurt* - Greek yogurt is known for its lower sugar and higher protein content. It also provides 20% of your daily value for calcium.



Roasted Vegetable and Gouda Cheese Wrap

Nourishes: 4–6

Ingredients:

- 4 La Tortilla low carb wrap (50–80 calorie)
- 1 red onion cut into strips
- 1 cup baby Portobello mushrooms, cut in 1 inch pieces
- 3 small zucchini, quartered
- 1 baby bok choy, small pieces (stalk and leaves)
- ½ cup each fresh broccoli and cauliflower florets
- 1 red, yellow or orange pepper, cut into strips
- 2–3 Roma tomatoes, halved and seeded
- 2 Tbsp. canola oil for baking
- Salt and freshly ground black pepper, to taste
- 5 large garlic cloves, minced
- ½ cup Balsamic vinegar
- 3 Tbsp. fresh basil, chopped, and 2 Tbsp. fresh thyme, chopped
- 1 Tbsp. olive oil for dressing
- 4 ounces sliced Gouda cheese

Methodology: Preheat oven to 400 degrees.

Place the fresh cut vegetables on a baking sheet or on a single layer in a baking pan. Lightly coat with canola oil and season mixture with pepper and garlic.

Bake for 30–40 minutes or until vegetables are tender crisp, stirring every 15 minutes. Remove from oven and drizzle with salt, olive oil and vinegar herb dressing. Place ¾ cup of mixture in wrap and layer with cheese. Roll in sides and roll tightly.

Nutritional Profile per serving: Per serving: (¾ cup average)
Calories 245, Carbohydrate 23 g, Protein 9 g, Fat 10g

Featured Ingredient Notes: *Bok choy is a member of the Chinese cabbage family. It is a great choice for getting high amounts of fiber, potassium, beta carotene, folate, vitamin C, calcium and vitamin A.*



Created and Tested by John Fairchild
Chef/Nutritionist
kickaerobox@yahoo.com
www.weightlosscoaching.org
215-873-7404