

# Turkey Wraps with Cranberries

This recipe serves: 4

**Preparation time:** 25 minutes

**Cooking time:** 10 minutes

## Ingredients

### For the turkey salad:

1/2 cup dry white wine, such as Sauvignon Blanc  
pinch of salt  
10 black peppercorns  
juice of 1 lemon  
2 sprigs fresh thyme  
2 turkey cutlets, about 6-8 ounces each  
1/2 cup non-fat mayonnaise  
1/4 cup finely diced celery  
1/4 cup finely diced sweet onion  
1/4 cup dried cranberries  
salt and pepper

### For the wraps:

4 large flour tortillas  
4 lettuce leaves, green leaf, bibb or romaine, shredded

## Cooking Instructions

For the turkey salad:

1. In a large saucepan combine the wine, salt, peppercorns, lemon juice and thyme. Add the turkey cutlets and enough water to cover them. Bring the liquid to a boil, reduce the heat and simmer for 10 minutes. Remove from the heat and let the turkey cool in the liquid.
2. Meanwhile, in a large mixing bowl, combine the mayonnaise, celery, onion and cranberries.
3. When the turkey is cool enough to handle, remove it from the liquid. (Discard the liquid.) Cut the turkey into small pieces, let cool some more and add it to the mayonnaise mixture and toss. Season to taste with salt and pepper. Refrigerate until mixture is ready to serve.

For the wraps:

4. Lay the tortillas out on a work surface and divide the turkey mixture among the tortillas, spreading it out in the center of each tortilla. Divide the shredded lettuce among the tortillas and tightly roll each tortilla into a cylinder, ending with the seam side down.  
(The wraps can be stored in the refrigerator for up to 3 days.)
5. Cut the wraps in half on the diagonal and serve.

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## Nutrition Facts

**Serving Size** 1 wrap

Amount Per Serving

**Calories** 433

**Total Fat** 14 g  
**Saturated Fat** 5 g  
**Protein** 29 g  
**Total Carbohydrate** 38 g  
**Dietary Fiber** 3 g  
**Sodium** 373 mg  
**Percent Calories from Fat** 33%  
**Percent Calories from Protein** 29%  
**Percent Calories from Carbohydrate** 38%