Turkey and Red Pepper Wraps with Lemon Asparagus Soup

Serves 4. Total time 30 minutes.

This meal is a snap to prepare with leftover cooked turkey or chicken breast. It makes a delicious and light lunch when paired with a cup of Creamy Lemon Asparagus Soup.

Turkey and Red Pepper Wraps with Feta and Sun-dried Tomatoes

4 (6 inch) whole grain tortillas
4 T. light mayonnaise
12 oz. cooked oven-roasted turkey or chicken, thinly sliced
1 cup fresh spinach or arugula
1 cup roasted red peppers, sliced into thin strips
1/4 cup julienne sun-dried tomatoes
1/2 cup julienne sun-dried tomatoes
4 T. crumbled feta

Spread 1 T. of mayonnaise over each tortilla. Layer turkey, spinach, red peppers, sun-dried tomatoes, and feta down the middle of each wrap. Fold up the bottom end and then roll from right to left to make wraps.

Nutrition Information (per ¼ recipe): 382 calories, 33 g protein, 12 g fat, 2 g saturated fat, 0g trans fat, 31 g carbohydrate, 2 g fiber, 85 mg cholesterol, 558 mg sodium 
1 serving equals: 1 whole grain, 1 protein/dairy, 0.5 vegetable, 1 fat

Creamy Lemon Asparagus Soup

1 T. olive oil
1 small onion, sliced lengthwise and then crosswise into thin slices
1 bunch of asparagus, chopped into 2” pieces
1/8 tsp. salt
1/2 cup grated Parmesan cheese
Zest of one lemon

1. In a medium saucepan, warm oil over medium heat. Add onions and sauté until slightly softened, about 4-5 minutes. Add asparagus and sauté until slightly softened, about 4-5 minutes depending on the thickness of the stalks. Add salt, pepper, and flour; cook 1 minute while stirring constantly. Add milk: bring to a boil, lower to medium heat, and simmer 5 minutes until slightly thickened (soup will thicken more upon standing). Add Parmesan and lemon zest.

2. Let soup cool slightly and transfer to a blender. Remove steam vent from blender lid. Place lid on blender and cover opening partially with a clean towel. Blend until smooth.

Nutrition Information (per ¼ recipe): 128 calories, 7 g protein, 5 g fat, 1 g saturated fat, 0 g trans fat, 14 g carbohydrate, 2 g fiber, 8 mg cholesterol, 131 mg sodium 
1 serving equals: 2 vegetables, 0.5 protein/dairy, 1 fat

Total Meal Nutrition Information (per ¼ each recipe): 510 calories, 40 g protein, 17 g fat, 3 g saturated fat, 44 g carbohydrate, 6 g fiber, 93 mg cholesterol, 689 mg sodium 
1 serving equals: 2.5 vegetables, 1 whole grain, 1.5 protein/dairy, 2 fat

By Kelly Frazier, M.A., Furman University, Department of Health Sciences
Turkey and Red Pepper Wraps with Lemon Asparagus Soup

Shopping List

Produce Section
- 1 small onion
- 1 bunch of asparagus
- Juice and zest of one lemon (see tip #1)
- 1 cup fresh spinach or arugula (see tip #2)
- ½ cup julienne sun-dried tomatoes (see tip #3)

Dry Goods Section
- 4 (6 inch) whole grain tortillas
- 4 T. light mayonnaise
- 1 cup roasted red peppers (see tip #4)
- 1 T. olive oil
- 2 T. all purpose flour

Meat/ Dairy Section
- 2 cups 1% milk
- ½ cup grated Parmesan cheese
- 12 oz. cooked oven-roasted turkey or chicken, thinly sliced
- 4 T. crumbled feta

Smart Shopper Tip #1:
The lemon zest provides a burst of freshness to the cream cheese mixture. To zest a lemon, use the fine holes on the side of a box grater or use a microplane zester to remove the yellow zest from the lemon. Be careful not to include the bitter white pith underneath the yellow zest.

Smart Shopper Tip #2:
While fresh spinach may be more familiar to most people, the peppery bite of arugula greens is also delicious in this wrap. Your local supermarket may carry loose arugula or prebagged blends with the other lettuces.

Smart Shopper Tip #3:
Look for sun-dried tomatoes in the produce section or with the salad dressings and croutons in your local supermarket. Choose the dry packed sun-dried tomatoes since they will be softened with a quick soak in warm water. If your tomatoes are already soft, you can skip the soaking step. If you can’t find julienne cut, use a sharp knife or kitchen shears to thinly slice the larger pieces.

Smart Shopper Tip #3:
Jars of roasted red peppers can be found with the pickles or olives. You could also substitute fresh red bell pepper strips, if you prefer.