

# Wonders of Wellness



## Healthy Holiday Sandwiches & Wraps Recipes 2013

### *Sandwiches/Wraps:*

- a. Lettuce Wraps with Leftover Turkey*
- b. Perfect Grilled Turkey Sandwich*
- c. Avocado Turkey Salad (filling only)*
- d. Waldorf Turkey/Chicken Sandwiches*
- e. Turkey Salad (filling only)*

## Lettuce Wraps with Leftover Turkey

*Prep Time: 15 minutes*

*Cooking Time: 15 minutes*

*Servings: 10*

### Ingredients:

*3 cups cooked turkey, diced*

*1 package mushrooms, diced*

*1 small can water chestnuts, diced*

*3 green onion, sliced very small*

*5 tablespoons brown sugar*

*4 tablespoons soy sauce*

*2 tablespoons rice vinegar*

*1 head of lettuce (iceberg)*

### Directions:

*Dice (as small as you can - you can also use a food processor) mushrooms, water chestnuts, cooked turkey, and green onions. Mix the brown sugar, soy sauce, and rice vinegar in a small bowl.*

*Put turkey mixture into a skillet, and add sauce mixture. Cook over medium heat until heated through. Serve in a lettuce leaf.*

*Garnish with rice sticks, if desired.*

**Nutritional Facts:**

*Calories = 117.4*

*Fat = 1.5 g*

*Cholesterol = 29.0 mg*

*Sodium = 445.6 mg*

*Total Carbs = 12.1 g*

*Dietary Fiber = 1.3 g*

*Proteins = 14.0 g*

<http://recipes.sparkpeople.com/recipe-detail.asp?recipe=834295>

## *Perfect Grilled Turkey Sandwich*

*Prep Time: 5 minutes*

*Servings: 1*

### *Ingredients:*

*2 slices whole wheat bread*

*2 oz. sliced white meat turkey*

*1 slice reduced-fat Swiss cheese*

*2 leaves green leaf lettuce, torn*

*1 tablespoon Chef Meg's Cranberry Relish (optional, but also found in this cookbook)*

*Nonstick cooking spray*

### *Directions:*

*Pre-heat a skillet to moderate heat.*

*Spray one side of each piece of bread with nonstick cooking spray. Spread the cranberry relish on the opposite sides of the bread. Place the sprayed side onto the heat. Place the turkey on the pan with the cheese directly on top to warm the meat and cheese; once warm place on top of one of the slices of*



*bread. Place the lettuce on the other slice and sandwich the two slices together. Grill until both sides are golden brown.*

**Nutritional Facts:**

*Calories = 477.5*

*Fat = 14.9 g*

*Cholesterol = 56.7 mg*

*Sodium = 479.2 mg*

*Total Carbs = 55.3 g*

*Dietary Fiber = 5.9 g*

*Protein = 32.2 g*

<http://recipes.sparkpeople.com/recipe-detail.asp?recipe=783158>

## Avocado Turkey Salad (filling only)

*Prep Time: 15 minutes*

*Servings: 5*

### Ingredients:

*6 oz. leftover roast turkey (1/2 dark meat, 1/2 light meat)*

*1 tablespoon mayonnaise*

*2 teaspoons prepared brown or coarse mustard*

*1 ripe avocado*

*1/4 teaspoon dill weed*

*1/8 teaspoon ground black pepper*

### Directions:

- 1. Chop turkey into small pieces or grind coarsely.*
- 2. Chop avocado into small dice.*
- 3. Put avocado and turkey in medium bowl.*
- 4. Add mayonnaise, mustard, pepper, and dill weed.*
- 5. Mix to desired consistency.*

*Nutritional Facts:*

*Calories = 136.3*

*Fat = 9.1 g*

*Cholesterol = 26.4 mg*

*Sodium = 267.7 mg*

*Total Carbs = 3.9 g*

*Dietary Fiber = 2.5 g*

*Protein = 9.8 g*

<http://recipes.sparkpeople.com/recipe-detail.asp?recipe=1105997>



## Waldorf Turkey/Chicken Sandwiches

*Prep Time: 20 minutes*

*Servings: 4*

### Ingredients:

*1 cup diced cooked turkey or chicken (fresh, canned, or deli)*

*2/3 cup apple, chopped & peeled*

*1 celery rib, finely chopped*

*½ cup walnuts, chopped & toasted*

*¼ cup regular or golden raisins*

*(try with fresh grapes, dried cranberries, blueberries, as well)*

*1/3 cup vanilla yogurt*

*1/3 cup mayonnaise*

*1 teaspoon minced fresh tarragon OR ½ teaspoon dried tarragon*

*½ to 1 teaspoon grated orange peel*

*1/8 teaspoon salt*

*Dash pepper*

*4 sandwich rolls split*

### Directions:

1. In a bowl, combine the turkey, apple, celery, walnuts, and raisins.
2. Combine with yogurt, mayonnaise, tarragon, orange peel, salt, and pepper; spoon over turkey mixture and stir to coat.
3. Spoon  $\frac{1}{2}$  cup onto each piece of bread.

### Nutritional Facts:

Calories = 327

Fat = 18.9 g

Cholesterol = 42.1 mg

Sodium = 290.8 mg

Total Carbs = 22.7 g

Dietary Fiber = 3.5 g

Protein = 18.3 g

<http://recipes.sparkpeople.com/recipe-detail.asp?recipe=564134>

## Turkey Salad (filling only)

*Servings: 3*

### Ingredients:

*1 cup turkey, chopped or diced*

*¼ cup cranberries, dried, sweetened (craisins)*

*1 medium stalk celery, chopped*

*3 tablespoons Kraft Miracle Whip Fat Free dressing*

### Directions:

- 1. Chop ingredients and combine with salad dressing.*
- 2. Season to taste.*

### Nutritional Facts:

*Calories = 128.4*

*Fat = 3.8 g*

*Cholesterol = 41.1 mg*

*Sodium = 175.1 mg*

*Total Carbs = 10.1 g*

*Dietary Fiber = 0.7 g*

*Protein = 13.5 g*

<http://recipes.sparkpeople.com/recipe-detail.asp?recipe=2304035>