



Turkey, Lettuce & Cucumber Wrap with Creamy Avocado & Dijon Mustard Spread

Wraps are a surprisingly great way to repurpose leftover protein and get extra greens in a hurry.

Cooking level: **Beginner**

Contains: —

Servings:
1 wrap

Prep time:
15 minutes

Total time:
15 minutes



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What you'll need

- Small mixing bowl

Ingredients

Wraps

- 1 cassava flour tortilla* or your favorite gluten-free wrap
- 3 oz. sliced turkey breast
- 3 Bibb lettuce leaves—can use spinach or mixed greens
- ½ cup thinly sliced seeded cucumbers

Avocado & Dijon mustard spread

- ½ medium avocado
- 1 tbsp. Dijon mustard
- 1 tbsp. avocado-based mayonnaise
- ¼ tsp. white wine vinegar

*You can purchase premade cassava tortillas at your local grocery store; however, check the ingredients to avoid products with added sugar.

Disclaimer: Information purposes only. The recipes and grocery guides are not intended to diagnose, treat, cure, or prevent any disease. Please consult with a healthcare professional regarding any medical or health-related diagnosis or treatment options.

Cooking steps

- 1** In a small bowl, mash ½ **medium avocado** until smooth. Mix in **1 tbsp. Dijon mustard**, **1 tbsp. avocado-based mayonnaise**, and **¼ tsp. white wine vinegar** until well combined.
- 2** Smear the avocado and Dijon mustard spread across the tortilla or gluten-free wrap.
- 3** Layer **3 oz. sliced turkey breast**, **3 Bibb lettuce leaves**, and **½ cup sliced cucumbers** onto the tortilla or gluten-free wrap and fold tightly.
- 4** Enjoy with a side of fruit or a small, mixed-green salad.



Nutritional info

Turkey, Lettuce & Cucumber Wrap with Creamy Avocado & Dijon Mustard Spread (1 wrap)

| | |
|---------------|---------|
| Calories | 371 |
| Total fat | 23.5 g |
| Saturated fat | 5 g |
| Cholesterol | 60.5 mg |
| Sodium | 678 mg |
| Carbohydrate | 23 g |
| Fiber | 8 g |
| Sugar | 3.5 g |
| Protein | 20 g |