



## Avocado and Turkey Wrap

By Caroline Nation

This is an ultra-quick lunch or even light dinner recipe which kids love.

4 servings

**Prep Time:** 10 minutes

**Cook Time:** none

### Ingredients

- 4 whole grain tortillas (Gluten-Free if you're sensitive)
- 8 ounces low-sodium sliced turkey
- your favorite creamy salad dressing
- 1 avocado, small dice
- 1/3 cup diced tomato
- 1 1/2 teaspoons thinly sliced basil leaves



Photo: Lori Eanes Photography

### Instructions

Lay the tortilla flat and spread your favorite dressing on. Add the turkey, avocado, tomatoes and basil to the wrap. Roll and serve with a side salad or other preferred accompaniment.