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TURKEY, CORN & SUN-DRIED TOMATO WRAPS

EATINGWELL.COM – JULY/AUGUST 2011
(Makes 4 Servings)

This wrap is great for picnics, or when you need to have dinner on the run. Add cheese to make it heartier. Look for soft sun-dried tomatoes (not oil-packed) in the produce section of most supermarkets. If you can only find dry (and hard) sun-dried tomatoes, soak them in boiling water for about 20 minutes before using.

Serve with: carrots sticks, sliced bell pepper, or other crunchy vegetables with your favorite dressing.

- 1 cup corn kernels, fresh**
- ½ cup chopped fresh tomato**
- ¼ cup chopped soft sun-dried tomatoes**
- 2 tablespoons canola oil**
- 1 tablespoon red-wine vinegar or cider vinegar**
- 8 thin slices low-sodium deli turkey (about 8 ounces)**
- 4 8-inch whole-wheat tortillas**
- 2 cups chopped romaine lettuce**

- **Combine corn, tomato, sun-dried tomatoes, oil and vinegar in a medium bowl.**
- **Divide turkey among tortillas. Top with equal portions of the corn salad and lettuce.**
- **Roll up. Serve the wraps cut in half, if desired.**