

## “Turkey Cheese Wrap & Turkey Cheese Quesadillas”

Becky Low

Dairy Farmers of Utah

Great way to use leftover Thanksgiving Turkey!

### Fast Turkey Cheese Wrap (per person)\*

- 1 whole wheat flour tortilla (10-inch)
- 3 tablespoons cooked candied sweet potatoes
- 3 tablespoons cooked stuffing or dressing
- 1/4 cup cooked turkey, chopped, diced, sliced
- 1/4 cup shredded reduced fat cheddar cheese
- Cranberry sauce, optional

Spread tortilla with mashed sweet potatoes to within 1/2 inch from edge; place cooked stuffing or dressing down one side; arrange cooked turkey next to stuffing; sprinkle entire tortilla with shredded cheese. Starting on stuffing side, snugly roll tortilla up. If desired, warm “Fast Turkey Wrap” in microwave until heated through. Serve with optional cranberry sauce.

### Turkey Cheese Quesadillas (serves 2)\*\*

- 2 flour tortillas (10-inch)
- melted butter (about 2 teaspoons)
- 1/2 cup cooked turkey, shredded, diced, sliced, chopped
- 2 tablespoons chopped fresh cilantro
- 1/2 cup shredded Mexican blend cheese
- Fruit salsa, optional

Preheat oven to 375 degrees F. Lightly brush one side of tortillas with butter. Place 1 tortilla, butter side down, on baking sheet; arrange turkey on tortilla; sprinkle with chopped cilantro; sprinkle with shredded cheese. Top with second tortilla, butter side up; press tortillas firmly together. Bake approximately 10 minutes or until heated through and edges begin to crisp. Turn Quesadilla over and continue to bake 5 minutes longer or until bottom tortilla is crisp. Cut in quarters and serve with optional fruit salsa.

### NOTES:

Leftover turkey should be used within 3-4 days; stuffing should be removed from turkey and refrigerated separately, use stuffing or dressing and leftover gravy within 2 days.

\* “Fast Turkey Wrap” is an adaptation of “Turkey Burritos with Cheddar” recipe created by Chef Priscila Satkoff, Chicago, IL, on behalf 3-A-Day™ of Dairy.

\*\* “Turkey Quesadilla” recipe was shared by Megan Clements, Pocatello, Idaho. May use reduced fat cheese for the same calcium, but 4 grams less fat (note – flavor will change)

### Nutrition Facts

Serving Size 1 wrap	
Servings Per Container 1	
Amount Per Serving	
<b>Calories 340</b>	<b>Calories from Fat 110</b>
% Daily Value*	
<b>Total Fat 12g</b>	<b>18%</b>
Saturated Fat 5g	25%
<b>Cholesterol 45mg</b>	<b>15%</b>
<b>Sodium 540mg</b>	<b>22%</b>
<b>Total Carbohydrate 39g</b>	<b>13%</b>
Dietary Fiber 3g	13%
Sugars 8g	
<b>Protein 25g</b>	
Vitamin A 40%	Vitamin C 6%
Calcium 30%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

### Nutrition Facts

Serving Size 1/2 Quesadilla	
Servings Per Container 2	
Amount Per Serving	
<b>Calories 440</b>	<b>Calories from Fat 180</b>
% Daily Value*	
<b>Total Fat 20g</b>	<b>31%</b>
Saturated Fat 10g	49%
<b>Cholesterol 65mg</b>	<b>22%</b>
<b>Sodium 580mg</b>	<b>24%</b>
<b>Total Carbohydrate 40g</b>	<b>13%</b>
Dietary Fiber 2g	10%
Sugars 1g	
<b>Protein 24g</b>	
Vitamin A 10%	Vitamin C 0%
Calcium 30%	Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	