



Burger Wraps

338
CALORIES

11g
FAT


2
SERVINGS

INGREDIENTS

6 oz	Ground turkey breast	1 cup	Spinach - chopped
1	Red bell pepper - chopped, divided	1	slice Low-fat Swiss cheese - cut in half
3/4 cup	Onion - chopped, divided	3 tbsps	Lite creamy ranch dressing, Marie's
2 tsps	Dr. Sears' Zone Extra Virgin Olive Oil - divided	1 1/3 cups	Grapes
2 cups	Mushrooms - sliced		
6	leaves Lettuce - to make wrap		

Burger Wraps: Instructions

1. Mix ground turkey and one-quarter of the onion and bell pepper.
2. Divide the mixture and form into 2 patties.
3. Grill the patties until cooked.
4. In a pan add olive oil and sauté the remaining bell pepper, onion and mushrooms.
5. Layer, staggered, 3 lettuce leaves for each "wrap."
6. In each "wrap" spread 1/2 cup spinach and add half of the cheese slice.
7. Divide the sautéed vegetables and the broken up burger (chop each burger into a few pieces).
8. Drizzle 2 tablespoons dressing in each wrap.
9. Have grapes for dessert.