



# Clean Healthy Turkey or Chicken Wraps

## Ingredients

- 1 pound ground turkey or cooked chicken breast
- Whole wheat wraps (fewer ingredients on label is better)
- Vegetables of choice
- Seasoning of choice (Mrs. Dash or taco seasoning)

### Extra Toppings:

- Greek Yogurt
- Cheese
- Hot Sauce (boosts metabolism)
- Substitute wrap for lettuce and make a lettuce wrap

## Prep Time

### TOTAL TIME: 10 MIN

- Prep: 5 min
- Cook: 5 min

## Directions

1. Heat skillet on medium high heat to brown turkey
  - a. Add turkey to skillet (If using chicken heat dice it up and heat briefly)
  - b. Add 2 tablespoons water and seasoning of choice. (A little goes a long way)
  - c. Stir frequently to avoid burning and get meat to about 165 degrees.
2. While meat is cooking prep vegetables- slice, dice, chop, etc.
3. Heat wraps in microwave for 15 seconds in a wet paper towel
4. Lay out wrap and spread Greek yogurt over the wrap instead of sour cream and increasing protein.
5. Add meat on top of yogurt
6. Add vegetables on top of meat

Enjoy these healthy wholesome wraps/tacos for lunch or dinner