

TURKEY CLUB OR BLT WRAP

By Dr. Cindy Tanzar

We are often asked for recipes that are quick and easy on the run. Whether you are packing a lunch for work, traveling for work or even running after work and unable to make it home to cook, lettuce wraps are a great way to create a healthy meal with plenty of options. Tuna, egg or chicken salad are also perfect for even more variety.

Makes 1 serving.



INGREDIENTS:

TURKEY CLUB WRAP

- 1 Several large leaves of lettuce
- 2 Slices gluten-free turkey breast (Applegate Farms or Boar's Head)
- 1 Slice Applegate Farms (only) turkey bacon
- Add any of the following you enjoy: avocado slices, tomato, red onion, black olives, pepper slices, cucumber
- Drizzle with olive oil and red wine vinegar and sprinkle with Italian seasoning or add a Tbs. of mayonnaise

BLT WRAP

- 1 Large leaf of lettuce
- 3 slices Applegate Farm (only) turkey bacon
- Tomato slices, red onion
- Mayonnaise* or Vegenaise



INSTRUCTIONS:

1. Cook the Applegate Farm turkey bacon in a stainless-steel pan in enough oil to coat the pan. Brown on both sides until crispy. Bacon will crisp up more as it cools.
2. Assemble protein choices and vegetables inside a lettuce leaf and wrap! If you don't eat right away, don't add your olive oil and vinegar dressing until ready to use to avoid a soggy wrap.