

in the kitchen

PITTSBURGH'S HOME FOR HOUSEWARES

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Lunch Wraps for 5 Days!

Makes 5 lunches for 2 people

Packing lunch doesn't have to be a drag! It also doesn't need to require a lot of planning or prep time. Wraps are a delicious way to include nutritious veggies and lean proteins into your day. Prep vegetables on Sunday so that you're ready to eat these five healthy, simple, and filling wraps all week long!

Veggie Ingredients:

- 1 large carrot, julienned
- 1 english cucumber, julienned
- 1 red onion, sliced
- 1 red pepper, julienned
- 1 avocado, pitted and scored
- 10 oz cherry tomatoes, quartered
- 1 bag baby spinach, washed
- 1 bunch chives, chopped

Meat & Accoutrements:

- 10 oz hummus
- 4 tablespoons pesto
- 8 oz feta
- 8 oz cream cheese
- Dijon mustard
- 1 tbsp mayo
- 9 oz mesquite smoked turkey
- 10 tortillas*

Directions:

1. JULIENNE, SLICE & QUARTER the veggies. Once prepped, wrap or place in an airtight container, and store in the refrigerator.

2. ASSEMBLING the wraps each morning is a breeze with all the prep done ahead!

Day 1: Spinach tortilla w/ hummus, Dijon mustard, cucumber, carrots, red pepper, avocado, chives.

Day 2: Sun-dried tomato tortilla, cream cheese, pesto, tomatoes, red pepper

Day3: Flour tortilla, hummus, spinach, feta, cucumber, onion tomatoes

Day 4: Whole wheat tortilla, cream cheese pesto, turkey, cucumber, red pepper, onion

Day 5: Flour tortilla, Dijon mustard, mayo, spinach, carrots, turkey, chives, feta

3. WRAP and pack into lunch boxes using a stay cool pack to maintain freshness.