



Ground Turkey Wraps or Pinwheels

These fun sandwiches are great for adding more color and veggies to your menu.

Ages: 6–18 years

Makes: 6 servings

Prep time: 25 minutes

Cook time: 12 minutes

the INGREDIENTS

- 13 oz** turkey, 93% lean, ground, fresh or frozen, thawed
- 2 cups** green peas, frozen, thawed, drained
- $\frac{3}{4}$ cup** cheddar cheese, reduced-fat, shredded
- 1 $\frac{1}{2}$ cups** carrots, fresh, shredded
- $\frac{3}{4}$ cup** ranch dressing, fat-free
- 6** tortillas, whole-wheat (10" across, at least 42 g or 1 $\frac{1}{2}$ oz each)

the DIRECTIONS

1. Wash hands with soap and water for at least 20 seconds.
2. In a small skillet, brown turkey on medium-high heat, about 10 minutes. Heat to 165 °F or higher for at least 15 seconds. Set aside. Allow to cool for 5 minutes. Wash hands after touching uncooked ground turkey.
3. To heat tortillas: Place a damp paper towel between each tortilla. Place the stack of tortillas on a microwave-safe plate. Cover with a damp paper towel. Heat in the microwave for 30 seconds. Remove from the microwave.
4. In a medium bowl, combine green peas, ground turkey, cheese, carrots, and ranch dressing. Stir.
5. Place $\frac{3}{4}$ cup filling in the center of the tortilla.
6. Roll tortilla. Cut into pinwheels or cut in half.
7. Serve 1 wrap (pinwheels or halves). Serve immediately, or keep warm 140 °F or higher.



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NUTRITION INFORMATION

1 Ground Turkey Wrap (pinwheels or halves)

Nutrients
Calories **Amount**
332

Total Fat	9 g
Saturated Fat	5 g
Cholesterol	43 mg
Sodium	734 mg
Total Carbohydrate	39 g
Dietary Fiber	8 g
Total Sugars	7 g
Includes Added Sugars	N/A
Protein	25 g
Vitamin D	N/A
Calcium	150 mg
Iron	3 mg
Potassium	N/A


N/A = Data not available

Source: Team Nutrition CACFP Easy Recipe Project

TeamNutrition.USDA.gov


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CACFP CREDITING INFORMATION

½ cup vegetable
2 oz eq meat/meat alternate
1 ½ oz eq grains 

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CHEF TIPS

- **Contains milk (cheese and ranch dressing), eggs (ranch dressing), and wheat (tortillas).** Ranch dressing can be a hidden source of common allergens, which include milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- Sesame can appear as an ingredient in food where it might not be expected (tortillas) and may be included in the ingredient statements as “spice” or “flavoring.”
- Serve a variety of foods during the week to balance out an occasional lunch or supper item that may be higher in sodium or saturated fat.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.

