

## Healthy Recipe

GET HEALTHY, STAY HEALTHY

# Turkey, Corn & Sun-Dried Tomato Wraps

### Ingredients

- 1 cup corn kernels, fresh (see Tip) or frozen (thawed)
- 1/2 cup chopped fresh tomato
- 1/4 cup chopped soft sun-dried tomatoes (see Shopping Tip)
- 2 tablespoons canola oil
- 1 tablespoon red-wine vinegar or cider vinegar
- 8 thin slices low-sodium deli turkey (about 8 ounces)
- 4 8-inch whole-wheat tortillas
- 2 cups chopped romaine lettuce

### Preparation

1. Combine corn, tomato, sun-dried tomatoes, oil and vinegar in a medium bowl.
2. Divide turkey among tortillas. Top with equal portions of the corn salad and lettuce. Roll up. Serve the wraps cut in half, if desired.

### Tips & Notes

- **Tip:** To remove corn kernels from the cob, stand an ear of corn on one end and slice the kernels off with a sharp knife. One ear will yield about 1/2 cup kernels.
- **Shopping Tip:** Look for soft sun-dried tomatoes (not oil-packed) in the produce section of most supermarkets. If you can only find dry (and hard) sun-dried tomatoes, soak them in boiling water for about 20 minutes before using.

### Nutrition

**Per serving:** 321 calories; 12 g fat (1 g sat, 5 g mono); 35 mg cholesterol; 35 g carbohydrates; 0 g added sugars; 19 g protein; 4 g fiber; 682 mg sodium; 325 mg potassium.

**Makes:** 4 servings • **Active Time:** 20 minutes • **Total Time:** 20 minutes