



SHREK SPINACH WRAPS

Recipe Created By:
Jon Ashton

INGREDIENTS

Makes 4 servings

- 1/2 cup plain low-fat yogurt
- 1/4 cup raisins
- 1/2 teaspoon curry powder
- 4 spinach tortillas
- 1 cup grated Cabot 50% Reduced Fat Cheddar
- 6 ounces sliced turkey breast
- 1 cup raw baby spinach leaves
- 1/2 cup grated carrots

DIRECTIONS

- In small bowl, stir together yogurt, raisins and curry powder. Spread mixture over tortillas to within 1/2 inch of edge.
- Sprinkle each with one fourth of cheese, followed by turkey breast, spinach leaves and carrots.
- Roll tortillas up tightly and wrap in plastic wrap. Refrigerate for at least 1 hour before serving. (For appetizer, slice wraps crosswise into pinwheels.)
- 4 large mixing bowls, 4 whisks, 4 sets tongues. 4 plates for plating.



FUEL UP
NATIONAL DAIRY COUNCIL

A PROGRAM OF
Play60
THE NFL MOVEMENT FOR AN ACTIVE GENERATION

©2009 National Dairy Council
©2009 NFL Properties LLC. Team names/
logos are trademarks of the teams indicated.
www.2009studentambassador.org