

# TURKEY & CHEESE PINWHEELS BENTO LUNCH

## Creamy Dill Ranch Dressing

- 1 small shallot, peeled
- $\frac{3}{4}$  cup nonfat cottage cheese
- $\frac{1}{4}$  cups reduced-fat mayonnaise
- 2 tablespoons buttermilk powder (see note)
- 2 tablespoons white-wine vinegar
- $\frac{1}{4}$  cup nonfat milk
- 1 tablespoon fresh dill, chopped
- $\frac{1}{4}$  teaspoon salt
- $\frac{1}{4}$  teaspoon ground pepper

## Bento Box

- 1 tablespoon Neufchâtel cheese
- 1 8-inch whole-wheat flour tortilla
- 2 thin slices low-sodium deli turkey
- 1 thin slice cheddar cheese
- 1 romaine lettuce leaf
- $\frac{3}{4}$  cup air-popped popcorn
- 1 tablespoon dark chocolate chips
- $\frac{1}{2}$  cup blueberries
- $\frac{1}{2}$  cup celery sticks
- 2 tablespoons creamy dill ranch dressing

## Directions

1. To prepare the dressing: With the food processor running, add shallot through the feed tube and process until finely chopped. Add cottage cheese, mayonnaise, buttermilk powder and vinegar. Process until smooth, scraping down the sides as necessary, about 3 minutes. Pour in milk while the processor is running. Scrape down the sides, add dill, salt and pepper and process until combined.
2. To prepare the Bento Box: Spread Neufchâtel over tortilla. Top with turkey, cheese and lettuce. Roll tightly, being careful not to tear the tortilla. Slice crosswise into 6 pieces. Pack in the large section of a bento-style lunch box or in a large container.
3. Mix popcorn and chocolate chips together in a medium section of the Bento Box or in a medium container.
4. Pack blueberries and celery sticks in separate smaller sections of the Bento Box or in separate small containers. Nestle a small dip-size container beside the celery and add creamy dill ranch dressing. (Save remaining dressing for another use)



# RAINBOW VEGGIE WRAPS

## Ingredients

- 4 (8 inch) multigrain tortillas or wraps
- 1 cup prepared olive hummus
- 2 ounces thinly sliced cheddar cheese
- 1 1/3 cups baby spinach
- 1 cup sliced red bell pepper
- 1 cup broccoli sprouts
- 1 cup thinly shredded red cabbage
- 1 cup julienned carrots
- Green goddess dressing for serving

## Directions

1. Spread each tortilla with 1/4 cup hummus. Top each with one-fourth of the cheddar, spinach, bell pepper, sprouts, cabbage and carrots. Roll up each wrap.
2. Slice the wraps into 1-inch rounds. Serve with dressing for dipping, if desired.



# GREEK GRILLED CHICKEN PITAS

## Ingredients

- 1 pound boneless skinless chicken breast halves
- 1/2 cup balsamic vinaigrette

## Cucumber Sauce

- 1 cup plain Greek yogurt
- 1/2 cup finely chopped cucumber
- 1/4 cup finely chopped red onion
- 1 tablespoon minced fresh parsley
- 1 tablespoon lime juice
- 1 garlic clove, minced
- 1/4 teaspoon salt
- 1/8 teaspoon pepper

## Pitas

- 8 pita pocket halves
- 1/2 cup sliced cucumber
- 1/2 cup grape tomatoes, chopped
- 1/2 cup sliced red onion
- 1/2 cup crumbled feta cheese

## Directions

1. Marinate chicken in vinaigrette, covered, in refrigerator for at least 4 hours or overnight. In a small bowl, combine the sauce ingredients; chill until serving.
2. Drain chicken, discarding marinade. On a lightly oiled grill rack, grill chicken, covered, over medium heat or broil 4 in. from the heat until a thermometer reads 165°, 4-7 minutes on each side.
3. Cut chicken into strips. Fill each pita half with chicken, cucumber, tomatoes, onion, and cheese; drizzle with sauce.



# BLT WRAPS



## Ingredients

- 1 pound thick sliced bacon, cut into 1 inch pieces
- 4 (12 inch) flour tortillas
- 1 cup shredded cheddar cheese
- ½ head iceberg lettuce, shredded
- 1 tomato, diced

## Directions

1. Place bacon or turkey bacon in a large, deep skillet. Cook over medium-high heat until evenly brown. Drain, and set aside.
2. Place 1 tortilla on a microwave-safe plate. Sprinkle tortilla with 1/4 cup cheese. Cook in microwave 1 to 2 minutes, or until cheese is melted. Immediately top with 1/4 of the bacon, lettuce, and tomato. Fold sides of tortilla over, then roll up. Repeat with remaining ingredients. Cut each wrap in half before serving.

# SWEET HAM ROLL-UPS

## Ingredients

- 4 Mission® medium flour tortillas
- 4 tablespoons fat-free cream cheese
- 1 teaspoon mustard
- 8 thin slices ham
- 4 tablespoons grated cheddar cheese
- 1 small apple, sliced into toothpick-sized slivers

## Directions

1. Spread 1 tablespoon cream cheese over entire surface of each tortilla. Dot middle of each tortilla with 1/4 teaspoon mustard. Top with 2 slices ham, 1 tablespoon cheese, and 1/4 of the slivered apple. Roll tortillas tightly into a wrap. Wrap tightly in plastic wrap and refrigerate.

2. To serve: Remove from plastic wrap and cut in half.

