



Wrap and Go

GREEK SALAD WRAPS

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| 1/2 cup (125 mL) shredded dry pack feta cheese | 8 lettuce leaves |
| 1/4 cup (50 mL) mayonnaise | 1 large tomato, thinly sliced |
| 1/4 cup (50 mL) chopped pitted kalamata olives | 2 cups (500 mL) diced seeded English cucumber |
| 2 tbsp (25 mL) chopped fresh parsley | 1/4 cup (50 mL) sliced pickled pepperoncini |
| 4 flour tortillas (8 inch/20 cm) | peppers |

Combine cheese, mayonnaise, olives and parsley. Spread cheese mixture evenly over tortillas, leaving a 1/2 inch (1.25 cm) border. Layer lettuce, tomato, cucumber and pepperoncini evenly on top of cheese mixture. Tightly roll up each tortilla jelly-roll fashion. Serve immediately or wrap individually and refrigerate for up to 2 hours. Serves 4.

PEANUT BUTTER WRAPS

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| 1/2 cup (125 mL) peanut butter | 2 cups (500 mL) thinly sliced bananas |
| 4 flour tortillas (8 inch/20 cm) | 1/4 cup (50 mL) granola |
| 1/4 cup (50 mL) strawberry jam or fruit spread | |

Spread peanut butter evenly over tortillas, leaving a 1/2 inch (1.25 cm) border. Spread jam over peanut butter and top with bananas. Sprinkle with granola. Tightly roll up each tortilla jelly-roll fashion. Serve immediately or wrap individually and refrigerate for up to 2 hours. Serves 4.

CREAMY CHUTNEY AND TURKEY WRAPS

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| 1 cup (250 mL) mayonnaise | 2 cups (500 mL) coleslaw mix |
| 1/4 cup (50 mL) mango chutney | 1/3 cup (75 mL) chopped salted peanuts |
| 1/3 cup (75 mL) chopped fresh cilantro | 1/4 cup (50 mL) thinly sliced green onion |
| 1 1/2 tsp (7 mL) curry powder | 6 multi-grain burrito-style tortillas |
| 2 cups (500 mL) cubed cooked turkey | (10 inch/25 cm) |

Combine mayonnaise, mango chutney, cilantro and curry powder. Stir in turkey, coleslaw mix, peanuts and green onion. Spoon turkey mixture evenly down centres of tortillas. Fold bottom edges of tortillas 1 inch (2.5 cm) over turkey mixture. Fold sides of tortillas to centres, overlapping edges. Serve immediately or wrap individually and refrigerate for up to 4 hours. Serves 6.

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