

A Lean, Nutritious Lunch Turkey-Potato Wrap

Recipe courtesy [Wisconsin Potatoes](#)



- 3/4 pound Wisconsin russet potatoes, cut into 1/2-inch pieces
- 1 tablespoon water
- 1 tablespoon canola oil
- 3/4 pound ground lean turkey
- 1 large carrot, shredded
- 1/3 cup sliced green onions with tops
- 1 can (8 ounces) tomato sauce
- 2/3 cup shredded cheddar cheese
- 1 teaspoon dried Italian seasoning or basil
- salt, to taste
- pepper, to taste
- 4 large whole-wheat or high-fiber tortillas
- light sour cream (optional)

Place potatoes in microwave-safe bowl; sprinkle with water. Cover, venting one corner. Microwave on high 5-8 minutes until potatoes are tender.

In large nonstick skillet over medium-high heat, heat oil. Add and break up turkey; cook 5 minutes, tossing occasionally. Mix in carrot; cook 2 minutes. Add potatoes and onions; toss and cook 2 minutes. Reduce heat to medium; mix in tomato sauce, cheese and Italian seasoning.

Cook, stirring occasionally, 4-5 minutes until mixture is hot and most sauce is absorbed. Season with salt and pepper, to taste. On work surface, lay out tortillas. Place 3/4 cup hot turkey mixture on each; fold and roll for burritos.

Cut in halves. Serve each with sour cream, if desired.