

Betty's Ham and Turkey Spinach Wraps



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In this video, Betty demonstrates how to make a Ham and Turkey Spinach Wrap. This is a healthy, hearty sandwich that I think you will love!

Ingredients (for one large wrap):

one large (10-inch) spinach wrap (You may substitute a flour tortilla, if you can't find this wrap.)
chipotle mayonnaise, as desired (You will find a recipe for chipotle mayonnaise in [bettyskitchen](#), or you may use a bottled variety—or substitute regular mayonnaise.)
fresh spinach leaves, rinsed and dried with paper towel
2 to 3 slices cucumber, rinsed, dried, and cut lengthwise into long, flat strips
¼ red bell pepper, cut in thin strips
thinly sliced deli ham, as desired (I prefer shaved ham.)
thinly sliced deli roast turkey, as desired (I prefer shaved turkey.)
1 or 2 slices of crisp, cooked bacon

On a 10-inch spinach tortilla, spread chipotle mayonnaise in a 1-inch strip down the center, to taste. Place a generous amount of fresh spinach leaves in a strip on top of the mayonnaise. Next place long slices of cucumber on top of the spinach, followed by strips of red bell pepper. Place a layer of shaved ham and a layer of shaved turkey over the vegetables. Top with 1 or 2 slices of crisp, cooked bacon. This will be a tall stack of ingredients. Pick up one edge, parallel to the strips of ingredients and fold it over the top. Roll from underneath, until the ingredients are completely enclosed. Place a couple of toothpicks where the edges come together to hold it in place. Slice diagonally with a chef's knife. Serve immediately, or wrap in plastic wrap and refrigerate until ready to serve. Delicious! --Betty ☐