

Sweet Potato Sandwich Wraps

[Print](#)

Makes 4-6 wraps



This spread is an easy addition to any classic wrap, and stores well for meal prepping. Feel free to mix up the toppings and top with family favorites! Mild in flavor and packed with nutrients, this might just become your go to meal for lunchtime.

Preparation: 3-5 minutes

Cooking time: 20 minutes

Cooling time: 20 minutes

Ingredients

- 1 medium sweet potato
- 1/2 teaspoon chopped garlic
- 2 tablespoons lemon juice
- 1/4 teaspoon salt Pepper, to taste
- 1/4 teaspoon thyme
- 1/4 teaspoon basil
- 4-6 (10 inch) whole wheat tortillas

Toppings

- 3 slices turkey breast per wrap
- 1 large ripe tomato, thinly sliced (or 2 tomatoes)
- 1 avocado, pitted and sliced



Directions



1. Peel and cut the sweet potato into chunks or slices that will cook easily.
2. Place potato pieces in a medium pot and fill with water until the potato pieces are covered with at least 1 inch of extra water.
3. Boil sweet potato until softened. (About 20 minutes or until easily pierced by a fork).
4. Strain and puree in a food processor. (If not available, mash by hand.)
5. Stir in garlic, lemon juice and seasonings and set aside to cool.
6. Once cool, spread puree to $\frac{1}{2}$ inch of the edges of the tortillas. It can be as thick as you want. There may be leftovers.
7. Add toppings and roll each tortilla.

Store leftover puree in an airtight container or baggie in the fridge for 2-5 days, or for 12 months in the freezer.

Authors

Carolyn Washburn, Extension Associate Professor