

Recipes by Chef Lily



Confetti Cream Cheese & Turkey Wraps

Makes 6 Wraps

- 6-6 inch Wraps
- $\frac{3}{4}$ cups Confetti Cream Cheese, recipe below
- 12 slices deli style cooked turkey
- $\frac{3}{4}$ cups shredded lettuce

Lay the wraps in a single layer on a work surface, and spread each with $\frac{1}{8}$ cup of the Confetti Cream Cheese, leaving about an inch around the edges.

Layer 2 slices of turkey across the cream cheese on each wrap.

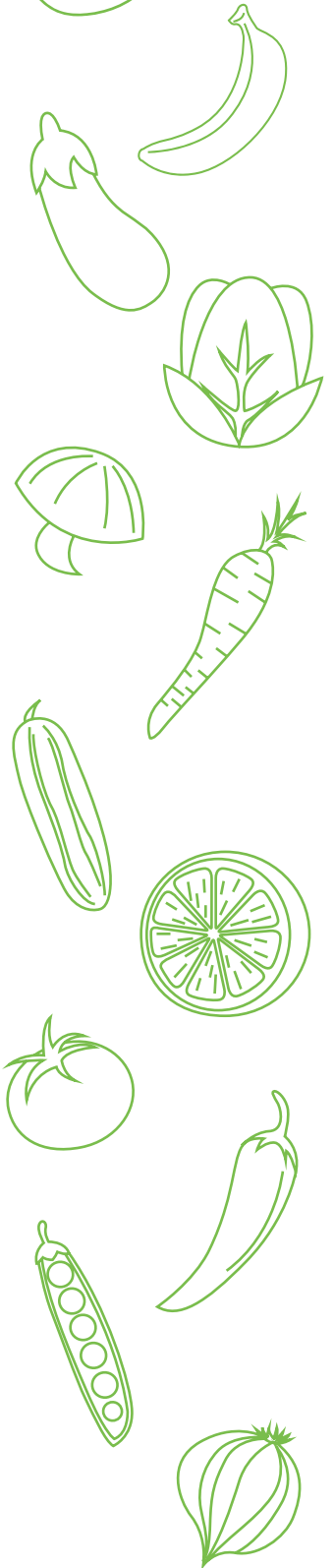
Layer $\frac{1}{8}$ cup of the lettuce in a row across the turkey on each wrap.

Roll the wrap up by first folding up the bottom, then the sides, and rolling up like a thin burrito.

Confetti Cream Cheese

- 6 ounces cream cheese, softened
- 3 tablespoons roasted red bell pepper, finely minced
- 3 tablespoons carrot, finely minced
- 2 tablespoons celery, finely minced
- 2 tablespoons parsley, finely minced
- 2 tablespoons scallion (green onion), finely minced
- $\frac{1}{2}$ teaspoon lemon zest
- $\frac{1}{4}$ teaspoon dried dill
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{8}$ teaspoon black pepper
- $\frac{1}{8}$ teaspoon garlic powder

Combine all the ingredients together in a medium sized bowl. Mix with a spoon until everything is well blended, and dispersed throughout the cream cheese.



Recipes by Chef Lily



Cumin Scented Green Bean Fries

- 1 pound 'fresh green beans
- 2 tablespoons coconut, vegetable or olive oil
- ½ teaspoon ground cumin
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ½ teaspoon chili powder
- ¼ teaspoon salt

Preheat the oven to 400 degrees.

Trim the ends of the green beans and add to a large bowl with all the ingredients. Toss and stir until the beans are evenly coated.

Spread out evenly on a sheet tray, and roast until lightly caramelized and crisp tender, about 15 minutes.

Tropical-Chia Smoothie

- 1 cup frozen mango
- 1 ripe banana
- 1 cup diced fresh pineapple
- ½ cup coconut milk
- ½ cup fresh squeezed orange juice
- 1 tablespoon Chia seeds

Place all the ingredients into a blender & process until everything is combined into a smooth drink.

