

# 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.*

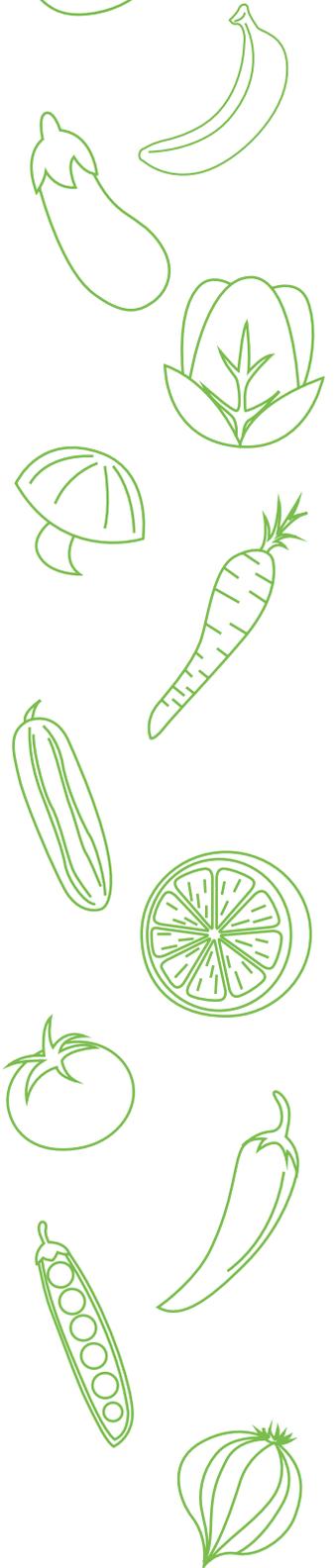
*Layer  $\frac{1}{8}$  cup of the lettuce in a row across the turkey on each wrap.*

*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.*



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## 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.*

