

Low-Sodium Turkey Deli Meat



Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

Low-sodium turkey deli meat is a ready-to-eat, lower-sodium alternative to regular deli meat.

How To Use It

Use deli meats in sandwiches for a quick lunch. Add diced turkey to scrambled eggs, casseroles, or salads to give an added boost of protein.

How To Store It

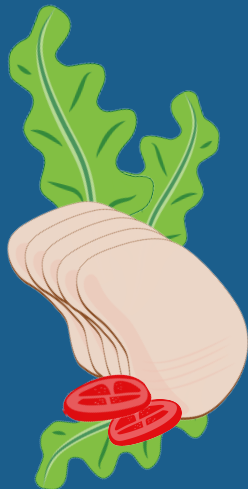
Store unopened frozen packages of turkey in the freezer. Thaw and store opened product in the refrigerator and consume within the date indicated on the product packaging.

Why Eat It?

Eating a diet that contains healthy proteins provides the building blocks for bones, muscles, cartilage, skin, and blood.

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Turkey and Cheddar Lettuce Wraps

Makes 4 servings



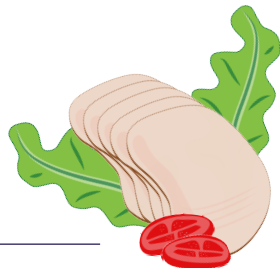
Ingredients

- ¼ cup mayonnaise
- 3 tablespoons dill pickle, chopped
- 2 teaspoons whole-grain mustard
- 8 large green leaf lettuce leaves
- 12 ounces sliced low-sodium turkey deli meat
- 4 ounces sliced deli sharp cheddar cheese
- 8 slices tomato

Directions

Wash hands with soap and water.

1. Stir mayonnaise, pickle, and mustard together in a small bowl.
2. Overlap 2 lettuce leaves on a clean cutting board. Spread a generous 1 tablespoon of the mayonnaise mixture over the lettuce.
3. Top with 3 ounces turkey, 1 ounce cheese, and 2 tomato slices. Roll into a wrap, then cut in half. Repeat with remaining ingredients.



Recipe adapted from [Eating Well](#).

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