

## Turkey Bacon Cheeseburger Wraps: A Healthy Twist on a Classic

Who says a healthy meal can't be incredibly satisfying and bursting with flavor? These



**TIME**  
**3-5 min**

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**ChefManiac**

### INGREDIENTS

1 pound ground turkey (93/7 lean recommended)

6 slices of turkey bacon

4 slices of cheddar cheese

4 large whole wheat tortillas

1/4 cup diced onions

1/4 cup diced tomatoes

1/4 cup shredded lettuce

1/4 cup sliced pickles

Salt and black pepper to taste

Cooking spray

Swaps and Notes:

**Ground Turkey:** For more flavor, you can use ground chicken or a lean ground beef, if not specifically aiming for turkey.

**Turkey Bacon:** Cook until it's genuinely crispy for the best texture in the wrap. Regular bacon can be used if you prefer.

**Cheese:** Cheddar melts wonderfully, but Monterey Jack, a Mexican blend, or even a dairy-free alternative would work.

**Tortillas:** Large whole wheat tortillas are great for a healthier option, but any large flour tortilla will do. For extra flavor, you can use spinach or flavored tortillas.

**Veggies:** Feel free to customize your toppings! Diced bell peppers, corn, or even a sprinkle of chopped cilantro would be delicious additions.

**Sauce:** While not listed in the main ingredients, a drizzle of light ranch, BBQ sauce, or a squirt of ketchup/mustard inside the wrap would enhance the "cheeseburger" experience.

**Instructions:**

**Crispy Turkey Bacon:** Cook the turkey bacon according to package instructions in a skillet or on a baking sheet until it's wonderfully crispy. Once done, remove and set aside to cool slightly, then crumble it into small pieces.

**Cook Ground Turkey:** In a large skillet over medium heat, add the ground turkey. Cook, breaking it up into small pieces with a spatula, until it's fully cooked through and no longer pink. Drain off any excess liquid or fat.

**Season & Sauté Onion:** Season the cooked turkey with salt and black pepper to taste. Stir in the diced onions and continue to cook for 3-5 minutes, or until the onions have softened and become translucent. Remove the skillet from heat.

**Assemble the Wraps:** Lay out the large whole wheat tortillas on a clean, flat surface. Place one slice of cheddar cheese in the center of each tortilla.

**Load the Filling:** Divide the cooked turkey and onion mixture evenly among the tortillas, placing it on top of the cheese.

**Add Bacon & Veggies:** Crumble the cooked turkey bacon and sprinkle it over the turkey mixture on each tortilla. Top each wrap with the diced tomatoes, shredded lettuce, and sliced pickles.

**Fold & Roll:** To form the wrap, fold the sides of the tortillas inwards over the filling, then starting from the bottom edge, roll them up tightly to create a neat, secure wrap.

**Toast the Wraps:** Heat a large skillet (or grill pan) over medium heat and spray lightly with cooking spray. Place the wraps seam-side down in the skillet. Cook for 2-3 minutes on each side, or until the tortillas are crispy and golden brown, and the cheese inside is melted.

**Serve & Enjoy:** Remove the wraps from the skillet and let them cool for just a few minutes before slicing them in half diagonally. Serve hot and enjoy your delicious Turkey Bacon Cheeseburger Wraps!

**Tips for Success:**

**Crispy Turkey Bacon:** Turkey bacon needs to be cooked until it's truly crispy to provide the best texture. Don't undercook it!

**Don't Overfill:** Be mindful not to overfill the tortillas, or they'll be difficult to roll and might burst during cooking.

**Tight Roll:** Rolling the wraps tightly ensures they hold together and makes for easier eating.

**Seam-Side Down First:** Starting the cooking seam-side down helps seal the wrap shut and prevents it from unraveling.

**Optional Sauce:** For an extra burst of flavor, spread a thin layer of light mayonnaise, a sugar-free BBQ sauce, or even a sriracha-mayo mix on the tortilla before adding the cheese.

**Serving Suggestions and Pairings:**

**Simple Side:** A small side salad with a light vinaigrette, or some carrot and celery sticks.

## DIRECTIONS

- 1. Crispy : Turkey Bacon:** Cook the turkey bacon according to package instructions in a skillet or on a baking sheet until it's wonderfully crispy. Once done, remove and set aside to cool slightly, then crumble it into small pieces.
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10. **Tips for Success: Crispy Turkey Bacon:** Turkey bacon needs to be cooked until it's truly crispy to provide the best texture. Don't undercook it!
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14. **Optional : Sauce:** For an extra burst of flavor, spread a thin layer of light mayonnaise, a sugar-free BBQ sauce, or even a sriracha-mayo mix on the tortilla before adding the cheese.
15. **Serving Suggestions and Pairings:** These Turkey Bacon Cheeseburger Wraps are a complete meal on their own, perfect for lunch or dinner. They're also fantastic for meal prep!
16. **Simple : Side:** A small side salad with a light vinaigrette, or some carrot and celery sticks.
17. **Healthy : Chips:** A side of baked sweet potato fries or homemade veggie chips.
18. **Other : Light & Satisfying Meals:** If you enjoy healthy and satisfying dishes, you might also like [A Light Tangy Chicken Salad I Actually Crave](#) and [There's No Mayo in Sight](#) for another delicious, quick meal idea.
19. **Quick : Crowd-Pleasers:** For a casual gathering, these wraps can complement a spread that includes [These Sheet Pan Quesadillas](#) are [My Favorite Way to Feed a Crowd](#) Fast or a fun build-your-own bar like [This Walking Taco Bar](#) is [My Favorite No-Fuss Way to Feed a Crowd](#).
20. **Storage and Leftover Tips:** These wraps are best enjoyed freshly made. However, if you're meal prepping, you can cook the ground turkey and turkey bacon ahead of time and store them in separate airtight containers in the refrigerator for up to 3-4 days. Chop your veggies and keep them separate as well. Assemble the wraps just before eating for the freshest taste and texture. Once assembled and cooked, they don't reheat as well, as the tortillas can get soggy.
21. **More Recipes You Will Love:** If you loved the easy, healthy, and flavorful nature of these wraps, you'll definitely want to try these other fantastic and satisfying recipes:
22. [A Light : Tangy Chicken Salad I Actually Crave](#) and [There's No Mayo in Sight](#)
23. [This : Mexican Chicken and Rice Casserole](#) is [My Favorite One-Pan Dinner That's Always a Hit](#)

24. This : One-Pan Breakfast Bake Will Make You Skip
25. Final Thoughts: These Turkey Bacon Cheeseburger Wraps are a fantastic way to enjoy all the classic flavors you love in a lighter, healthier, and incredibly convenient format. They're quick to prepare, packed with delicious ingredients, and perfect for satisfying those burger cravings any day of the week. Give them a try, and make healthy eating both easy and exciting!

## SWAPS & NOTES

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**More recipes:** [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/turkey-bacon-cheeseburger-wraps-a-healthy-twist-on-a-classic/>