SWEET POTATO & TURKEY ROLL-UPS



Soft, Colorful Little Roll-Ups for Growing Appetites

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These easy roll-ups combine creamy cheese, naturally sweet mashed sweet potato, and tender turkey in a whole-wheat tortilla. They're simple to prepare, easy to portion, and a lovely option for toddler lunchboxes or quick meals at home.
Prep Time: 10 minutes
Cook Time: 15–20 minutes
Total Time: 25–30 minutes
You will make: 2 toddler portions

YOU'LL NEED

- **1 small whole-wheat tortilla**
- **2 tablespoons cream cheese**
- **2–3 slices cooked turkey, preferably low-sodium**
- **½ small sweet potato**

ALL YOU HAVE TO DO

1. Prepare the sweet potato: Peel the sweet potato and cut it into small, evenly sized pieces.
2. Cook until soft: Steam or bake the pieces until completely tender and easily pierced with a fork.
3. Mash: Transfer the cooked sweet potato to a small bowl and mash until smooth. Allow it to cool slightly.
4. Prepare the tortilla: Place the whole-wheat tortilla on a clean, flat surface.
5. Spread the cream cheese: Apply a thin, even layer of cream cheese over the tortilla.
6. Add sweet potato: Spread the mashed sweet potato gently over the cream cheese.
7. Add turkey: Finely chop or thinly slice the cooked turkey and distribute it evenly over the sweet potato layer.
8. Roll: Carefully roll the tortilla into a snug wrap without squeezing out the filling.
9. Cut into portions: Slice into small, manageable pieces suited to your toddler's eating ability.
10. Cool and serve: Allow the roll-ups to reach a comfortable temperature before serving.

Toddler-Friendly Serving Tips

- Make sure the sweet potato is completely soft and free of firm pieces.
- Use tender turkey without tough edges or chewy sections.
- Avoid thick layers of filling that make the tortilla difficult to chew.
- Cut the roll-ups into manageable pieces rather than serving a large, tightly packed spiral.
- If your toddler finds rolled tortilla pieces difficult to manage, serve the filling separately with small, soft tortilla pieces.
- Keep your child seated upright and supervise closely during meals.

A Better Everyday Turkey Choice

If using deli turkey, look for a lower-sodium option and check the ingredient label.
For a simple homemade alternative, use leftover home-cooked turkey that has been properly refrigerated, reheated when appropriate, and finely chopped.
Large or tough pieces of meat can be difficult for toddlers to chew, so always check the texture before serving.

Easy Variations

- Creamy Sweet Potato: Mix a little extra cream cheese into the mashed sweet potato.
- Extra Veggies: Add a thin layer of finely grated, soft-cooked zucchini.
- Chicken Roll-Ups: Replace the turkey with finely shredded, fully cooked chicken.
- Milder Filling: Use mashed sweet potato and cream cheese without meat for a simple vegetarian variation.

Make-Ahead and Storage Tips

- Sweet Potato: Cook and mash the sweet potato ahead of time. Refrigerate promptly in an airtight container.
- Turkey: Keep cooked turkey refrigerated at 40°F (4°C) or below and use within 3–4 days.
- Assembled Roll-Ups: For the best texture, assemble shortly before serving. If prepared ahead, refrigerate promptly in an airtight container and use within 24 hours.
- Serving: Cut into appropriate portions just before serving and discard leftovers from your toddler's plate.

A Little Mealtime Reminder

Colorful food doesn't need complicated preparation. These roll-ups bring together familiar ingredients in a fun format, giving little ones an opportunity to explore different textures while practicing independent eating.

Soft sweet potato, tender turkey, and creamy goodness in every little bite.