



## USDA Smart Snack Recipes

### Savory Combinations

The following recipes come from the Iowa Department of Education and the Kansas State Department of Education. The recipes were obtained from their websites, accessible at the following links:

- Iowa Department of Education, “Smart Snacks in School”:  
<https://www.educateiowa.gov/pk-12/nutrition-programs/quick-links-nutrition/learning-tools-nutrition/smart-snacks-school>
- Kansas State Department of Education, “Smart Snacks in Schools”:  
[http://www.kn-eat.org/snp/snp\\_menus/SNP\\_Guidance\\_Smart\\_Snacks.htm](http://www.kn-eat.org/snp/snp_menus/SNP_Guidance_Smart_Snacks.htm)



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# Crunchy Dill Veggie Wrap



Ingredients	For 24 Servings		Directions
	Weight	Measure	
Cream cheese, fat-free Ranch dressing seasoning pkg. Low fat whole wheat flour tortilla 1.8 oz.  Fresh broccoli slaw Fresh zucchini (cut into strips) Fresh yellow squash (cut into strips) Roma Tomatoes (dice) Green bell pepper (cut into strips) Chili powder Dried dill weed Romaine Lettuce Leaf		12 Tbsp. 1 tsp. 12 each 3 cups 3 cups 3 cups 1.5 cups 1.5 cups 6 tsp. 4 tsp. 24 leaves	<ol style="list-style-type: none"> <li>1. Wash and cut up vegetables as described.</li> <li>2. In a separate bowl combine cream cheese and ranch dressing seasoning together.</li> <li>3. Spread 1 Tbsp. of cream cheese mixture on each wrap.</li> <li>4. Place 6 oz. vegetables on the wrap and sprinkle with dill weed and chili powder</li> <li>5. Roll up the wrap tightly.</li> <li>6. Cut the wrap in half serve on a lettuce leaf.</li> </ol> <p style="color: red;">CCP: Keep cold food cold at 41°F or below in refrigerator for cold service</p>
			

Serving Size: ½ wrap each 0.75 oz. eq. Grain and ½ cup Other Vegetable

**Nutrition Analysis: Serving Size:**

Calories: 69 kcal	Calories from Fat: 17.16%	Total Fat: 1.31 g	Saturated Fat: 0.61 g	Trans Fat: 0.00
Cholesterol: 1 mg	Sodium: 200 mg	Total Carbohydrate: 11 g	Dietary Fiber: 2 g	Sugars: 1.74 g

Protein: 3.52 g

Vitamin A: 281.7 IU

Vitamin C: 11.73 mg

Calcium: 84.08 mg





Iron: 0.75 mg



# Mexican Sweet Potato Bowl



## HACCP Process Category 2

Ingredients	For 26 Servings		Directions
	Weight	Measure	
Brown rice, uncooked 	2.75 LBS		<ol style="list-style-type: none"> <li>1. Cook rice according to directions.</li> <li>2. Preheat oven to 425°F</li> <li>3. Place sweet potatoes on sheet pan. Drizzle with olive oil. Sprinkle with salt, cumin, and paprika. Bake for 25 to 30 min. Stir half way through.</li> <li>4. While the rice and sweet potatoes are cooking rinse and drain the beans and corn.</li> <li>5. Heat the diced chicken to 165°F <b>CCP: Heat chicken to 165°F or Higher for 15 seconds</b></li> <li>6. Dice onions, tomatoes and cilantro.</li> <li>7. Make the cilantro cream sauce, chop the cilantro and whisk rest of ingredients together set aside in refrigerator. <b>CCP: Hold cold foods at 41°F or below</b></li> <li>8. Assemble the bowls or let the students assemble.</li> <li>9. Start with rice on bottom top with sweet potatoes, beans, chicken and desired toppings finish with cilantro cream sauce. <b>CCP: Hold cold foods at 41°F or below for service</b> <b>CCP: Hold hot foods at 135°F or higher for hot</b></li> </ol>
Diced sweet potatoes		13 cups	
Diced grilled chicken 	3.25 LBS		
Black beans 		6.5 cups	
Whole kernel corn 		6.5 cups	
Avocado diced		3 cups	
Green onion		3 cups	
Cherry tomatoes		2 cups	
Cumin		9 tsp	
Spanish paprika		3 tsp	
Olive oil		½ cup	
Salt		1 tsp	
Pepper		2 tsp	
Cilantro cream drizzle		2 cups	
Low fat plain yogurt		½ cup	
Skim milk/or almond milk		1.5 cups	
Fresh cilantro		¼ cup	
Lime juice		1 tsp	
Salt			



service

Serving Size: Yield: Servings 26 1 cup 2 oz. Meat/Meat Alternate,  $\frac{3}{4}$  cup Vegetable ( $\frac{1}{4}$  cup Legumes,  $\frac{1}{4}$  cup Starchy,  $\frac{1}{4}$  cup Red/Orange), and 1  $\frac{1}{2}$  oz. eq. Grain

**Nutrition Analysis: Serving Size:**

Calories: 350 kcal

Calories from Fat: 25.35%

Total Fat: 9.92 g

Saturated Fat: 1.93 g

Trans Fat: 0.00

Cholesterol: 53.23 mg

Sodium: 416 mg

Total Carbohydrate: 43.85 g

Dietary Fiber: 8.4 g

Sugars: 6.3 g

Protein: 25.69 g

Vitamin A: 9649 IU

Vitamin C: 12.5 mg

Calcium: 123.56 mg



Iron: 2.92 mg



# Slim Slammer



# Chicken & Cucumber

Ingredients	For 12 Servings		Directions
	Weight	Measure	
Mayonnaise or Salad Dressing( low fat)		4 TBSP	<ol style="list-style-type: none"> <li>Mix the dried dill with the mayo. Mix well</li> <li>Wash and slice the cucumbers. Must slice very thin.</li> <li>Very carefully slice breadstick in half long ways.</li> <li>Spread 1 tsp mayo mixture on breadstick.</li> <li>Layer with 1 lettuce leaf, 1.25 oz. chicken strips, ¼ oz. cheese and ½ oz. cucumber.</li> </ol> <p><b>CCP: Hold for cold service at 41°F or below.</b></p> <p>Notes:</p> <ul style="list-style-type: none"> <li>Cucumbers – 2 cucumbers, as purchased</li> </ul>
Dried Dill		1 TBSP	
Chicken Strips, unseasoned 	15 oz.		
Mozzarella Cheese, shredded 	3 oz.		
Cucumbers sliced	6 oz.		
Romaine lettuce leaves		12	
Bread Stick whole grain New York Brand		12 each	

Serving Size: 1 each (103 g) Yield: Servings 12 – Smart Snacks Entrée

1.5 oz. Meat/Meat Alternate and 1 oz. eq. Grain

### Nutrition Analysis: Serving Size:

Calories: 150

Calories from Fat: 45

Total Fat: 5 g

Saturated Fat: 1 g

Trans Fat: 0 g

Cholesterol: 26 mg

Sodium: 345 mg

Total Carbohydrate:


Dietary Fiber: 2 g

Sugars: 2 g

Protein: 11g



# Slim Slammer Turkey & Apple

Ingredients	For 12 Servings		Directions
	Weight	Measure	
Mayonnaise or Salad Dressing (low Fat) Fresh Chopped Parsley Turkey, sliced Green Apples, fresh, sliced  Lemon Juice (Bottled) Bread stick whole grain (1 oz.)	19 oz. 6 oz.	4 TBSP 1 TBSP  1 cup 12 each	<ol style="list-style-type: none"> <li>1. Wash and chop up the fresh parsley and add it to the mayo. Mix well</li> <li>2. Wash and slice the Green apples must slice very thin. Put apples in the lemon juice and toss.</li> <li>3. Slice breadstick in half long ways.</li> <li>4. Spread 1 tsp mayo mixture on breadstick.</li> <li>5. Layer with apples and turkey.</li> </ol> <p>CCP: Hold sandwich for cold service at 41°F or below. Notes: 2 apples as purchased</p>

Serving Size: 1 each (98 grams) Yield: Servings 12 – Smart Snacks Entrée 1 oz. Meat/Meat Alternate and 1 oz. eq. Grain

### Nutrition Analysis:


Calories: 150	Calories from Fat: 36	Total Fat: 4 g	Saturated Fat: 1 g	Trans Fat: 0 g
Cholesterol: 28 mg	Sodium: 480 mg	Total Carbohydrate: 19 g	Dietary Fiber: 2 g	Sugars: 2 g
Protein: 12 g				





# Tuna Salad Cup



Ingredients	For 24 Servings		Directions
	Weight	Measure	
Canned tuna water packed, light, drained 	3 lbs		<ol style="list-style-type: none"> <li>1. Dice the onion and the spinach.</li> <li>2. Combine the tuna, mayonnaise, mustard, lime juice, onion, chopped spinach, and seasonings together. Mix well.</li> <li>3. Wash lettuce leaves.</li> <li>4. Line bowl with one lettuce leaf and scoop 2 #30 scoops onto lettuce leaf.</li> <li>5. Serve with whole wheat bread stick.</li> </ol> <p>CCP: Hold for cold service at 41°F or below.</p>
Light mayonnaise		8 Tbsp.	
Dijon mustard		4 Tbsp.	
Diced onion	6 oz.		
Spinach, fresh, chopped	6 oz.		
Lime juice		3 tsp.	
Black pepper		3 tsp.	
Onion powder		3 tsp.	
Romaine Lettuce leaf .5oz each		24 leaves	
Whole Wheat Bread Stick		24	



Serving Size: 3.6 oz. tuna salad on leaf lettuce with 1 bread stick – Smart Snacks Entree 1 oz. eq. Grain and 2 oz. Meat/Meat Alternate

## Nutrition Analysis: Serving Size:

Calories: 169	Calories from Fat: 16%	Total Fat: 3 g	Saturated Fat: 0.39 g	Trans Fat: 0 g
Cholesterol: 18 mg	Sodium: 460 mg	Total Carbohydrate: 17 g	Dietary Fiber: 3 g	Sugars: 2.7 g
Protein: 17.93 g	Vitamin A: 3137 IU	Vitamin C: 3.75 mg	Calcium: 26 mg	Iron: 1.38 mg

# Asian Chicken Salad

**Main Dish:**

**Recipe Source:** KSDE

Ingredients	5 servings				Directions
	Weight	Measure	Weight	Measure	
Oil, canola Ginger, ground Carrots, fresh, grated	- - Approx. 3 oz.	1 T. ½ tsp 1 cup			1. Heat oil in a skillet. 2. Add ginger and grated carrots. Sautee about 2-3 minutes
Vinegar, cider Vinegar, rice Teriyaki sauce Honey	- - - -	1 T 1 T 1 T 2 T			3. Add vinegars, teriyaki sauce, and honey. Simmer for 1-2 minutes
Chicken, cooked, diced, IQF Pineapple, can, tidbits, drained	10 oz. 8 oz.	- 1 cup			4. Add cooked diced chicken and drained pineapple tidbits to the skillet. 5. Remove from heat. Transfer to a holding pan and chill until ready for service.
Lettuce, romaine, shredded Onions, scallions, chopped Almonds, sliced, toasted	8 oz. Approx. 3 oz. -	5 cups ¾ cup 2 T			6. Portion 1 cup of lettuce onto dish or clam shell. Top lettuce with ½ cup of chilled chicken/pineapple mixture. Sprinkle with chopped green onions and toasted almond slices. Hold cold for service.

Serving Size	1 Serving Provides	Yield
	2 oz. eq. Meat/Meat Alternate .125 cup Fruit 1.25 cup Vegetable	5 servings

## Nutrients Per Serving

Calories	193	Vitamin A	7984.28 IU	Iron	1.87 mg
Protein	19.31 gm	Vitamin C	10.12 mg	Calcium	50.74 mg
Carbohydrate	15.66 gm	Fiber	2.82 gm	Cholesterol	52 mg
Fat	7.25 gm	% Fat	33.75 %	Sodium	101.84 mg
Saturated Fat	1.06 gm	% Saturated Fat	4.92 %	Sugars	2.8 g

# Cauliflower Crust Pizza

**HACCP:** Process 2

**Recipe Source:** Montezuma USD 371 South Gray High School  
**Team:** Nutrition Team #2

Ingredients	15 servings		Directions
	Weight	Measure	
Tomato, Roma, fresh, medium Jalapeno pepper, fresh Onion, fresh, medium Garlic, fresh Olive oil, virgin	18 oz. 1 oz. 4 oz.	9 each 1 each ½ each 12 cloves 1 T. + 1 tsp	1. Wash and sanitize hands, utensils and equipment. 2. Preheat conventional oven to 375°F. 3. Rinse tomato and cut into large dices. 4. Rinse jalapeno peppers, removes seeds and cut into large dices. 5. Peel and cut onion into large dices. 6. Peel garlic and separate into cloves. 7. In a mixing bowl, combine olive oil, tomato, peppers, onion, and garlic, coating the ingredients well. 8. Place the coated vegetables in a casserole dish and roast until the tomatoes are brown on the outside. Remove from the oven and allow to cool slightly (5 minutes). 9. Place cooked vegetables in a blender or food processor and blend to make a sauce.
Ground beef, lean	8 oz.		10. In a skillet cook ground beef to a proper internal temperature of 160°F of higher. Drain off excess fat.
Cauliflower, fresh Egg, fresh, large Cheese, parmesan, grated Italian seasoning Garlic, fresh Salt	2 lbs. 2 oz.	1 head 1 each ½ c. 1 T. ½ tsp. ½ tsp.	11. Preheat conventional oven to 450°F. 12. Rice the cauliflower and put into a microwavable bowl. Microwave for 5-8 minutes. Press out excess water from cooked cauliflower, using a fine mesh strainer or paper towel. 13. Peel and crush garlic. 14. Combine cauliflower, egg, parmesan cheese, Italian seasoning, crushed garlic and salt to make a dough. 15. Spray a muffin tin. Portion and pat the dough into each cup. Bake dough for 10-15 minutes in muffin tin. Remove from oven.
Cheese, mozzarella, shred Peppers, green	4 oz. 3 oz.		16. Rinse bell peppers, removes seeds and cut into small dices. 17. Add sauce to the crust, then cooked beef, shredded cheese, and diced bell peppers. 18. Bake again to melt cheese, heat sauce, and cook the peppers.

# Cauliflower Crust Pizza

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Serving Size (ounces)	Serving Size (grams)	Yield
5 ounces	143 grams	15

This vegetable product meets all nutrient standards for entrees or snack foods.

## Nutrients Per Serving

Calories	83	Calories from Fat	22.5
Total Fat	2.5 g	Sodium	192 mg
Saturated Fat	0.8 g	Sugars	1.3 g
Trans Fat	0 g		

<b>Team:</b> Nutrition Team #2
<b>FACS Educator:</b> Audrey Maxwell
<b>Nutrition Program Representative:</b> Martha Ohnick
<b>Students:</b> Terry Guenther, Marcelo Neufeld, Gwen Racy, Kinsey Riley, Brvanna Sidebottom

# Chicken Veggie Pocket

**Main Dish:**

**Recipe Source:** Adapted from Healthy Flavors Healthy Kids, CIA

Ingredients	6 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Carrots, shredded	1 ½ oz.	½ cup			1. Combine shredded carrots, chopped romaine, and chopped spinach to make vegetable mixture.
Lettuce, romaine, chopped	5 oz.	2 cups			
Spinach, fresh, chopped	-	¾ cup			
Pocket thins, whole wheat (Arnold Pocket Thins Flatbread)	-	3 each			2. Cut whole wheat pocket thins in half to make 6 pockets. Fill each pocket half with ½ cup vegetable mixture.
Chicken, cooked, diced, IQF	9 oz.	-			3. Portion 1 ½ oz. chicken and ½ oz. cheese into each pocket half.
Cheese, mozzarella, lite, shred.	3 oz.	-			
Ranch dressing, (use HFFK recipe)	-	1 T			4. Portion 1 T Healthy Flavorful Food for Kids Ranch Dressing on each pocket sandwich. (see separate recipe)
					5. Serve cold.

Serving Size	1 Serving Provides	Yield
1 pocket half	2 oz. eq. Meat/Meat Alternate 1.5 oz. eq. Grain .5 cup Vegetable	6

## Nutrients Per Serving

Calories	213	Vitamin A	3361.81 IU	Iron	1.65 mg
Protein	21.59 gm	Vitamin C	2.23 mg	Calcium	153.72 mg
Carbohydrate	22.13 gm	Fiber	5.69 gm	Cholesterol	47.03 mg
Fat	5.68 gm	% Fat	23.99 %	Sodium	246.56 mg
Saturated Fat	2.05 gm	% Saturated Fat	8.66 %	Sugars	2.08 g

## Ranch Dressing Reduced Sodium

**Condiment:**

**Recipe Source:** KSDE

Ingredients	12 Servings		280 servings		Directions
	Weight	Measure	Weight	Measure	
Salad Dressing, Reduced Fat (Use may, light, since it is already part of purchases)	-	1/3 cup		2 qt.	1. Whisk together salad dressing (mayo), milk and vinegar.
Milk, low fat 1%	-	1/3 cup		2 qt.	
Vinegar	-	1 1/2 Tbsp.		1 1/2 cups	
Ranch Seasoning Mix (See HFFFK recipe)	-	2 tsp.		1 cup	2. Stir or shake ranch seasoning to blend dry leafy herbs with spices.  3. Add required amount of dry mix to liquid blend. Blend well.

\*Need 1 T for the Chicken Veggie Pocket. Remaining amount can be consumed on the salad made during the chef demonstration.

## HFFFK Ranch Seasoning Mix

Ingredients	1/4 cup dry mix	4 cups dry mix	Directions
	Measure	Measure	
Parsley, dried	2 1/4 tsp.	3/4 cup	1. Mix ingredients well. Store in air-tight container.
Dill Weed, dried	2 1/4 tsp.	3/4 cup	
Garlic Powder	2 1/4 tsp.	3/4 cup	
Onion Powder	1 Tbsp.	1 cup	
Pepper, black, ground	1/2 tsp.	2 Tbsp. + 2 tsp.	
Chives, freeze-dried	2 1/4 tsp.	3/4 cup	
Salt, table	3/8 tsp.	2 Tbsp.	
Pepper, Red	1/4 tsp.	4 tsp.	
Paprika	1/4 tsp.	4 tsp.	

**Yield:**

Use 1 cup dry seasoning mix to make about 1 gallon of ranch dressing (280 servings).

Use 4 cups dry seasoning mix to make about 4 gallons of ranch dressing.

# Crunchy Hawaiian Chicken Pocket

**Main Dish:**

**Recipe Source:** Adapted from Recipes for Healthy Kids Cookbook

Ingredients	6 servings				Directions
	Weight	Measure	Weight	Measure	
Mayonnaise, light	2 oz.	¼ cup			1. Combine mayonnaise, vinegar, sugar, and spices.
Vinegar, white	-	2 T			
Sugar, granulated	2 oz.	¼ cup			
Poppy seed	-	1 tsp.			
Garlic powder	-	1 ½ tsp.			
Onion powder	-	1 ½ tsp.			
Chili powder	-	1 ½ tsp.			
Broccoli, fresh, shredded	6 oz.	2 cups			2. Combine finely chopped or shredded broccoli, shredded carrots, crushed pineapple, and julienne cut spinach.
Carrots, fresh, peeled, shredded	4 ½ oz.	1 ½ cups			
Pineapple, can, crushed, drained	2 oz.	¼ cup			
Spinach, raw, julienne cut	1 oz.	1 cup			
Chicken, cooked, diced, IQF	12 oz.	-			3. Add cooked diced chicken to vegetable mix.
Pocket thins, whole wheat (Arnold Pocket Thins Flatbread)		3 each			4. Cut whole wheat pocket thins in halves to make 6 half pockets. 5. Scoop 1 cup of the chicken/vegetable salad mixture into each pocket half. Serve cold.

Serving Size	1 Serving Provides	Yield
Pocket half sandwich	2 oz. eq. Meat/Meat Alternate 1.5 oz. eq. Grain .75 cup Vegetable	6 servings

## Nutrients Per Serving

Calories	325	Vitamin A	5484.99 IU	Iron	2.18 mg
Protein	23.86 gm	Vitamin C	31.03 mg	Calcium	82.72 mg
Carbohydrate	36.18 gm	Fiber	7.24 gm	Cholesterol	52 mg
Fat	12.11 gm	% Fat	33.5 %	Sodium	315.83 mg
Saturated Fat	1.81 gm	% Saturated Fat	5 %	Sugars	10.54 g

# Fiesta Wrap

**Main Dish**

**Recipe Source:** Recipes for Healthy Kids Cookbook

Ingredients	6 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Quinoa, uncooked Water		¼ cup ¾ cup			1. Rinse quinoa in a fine mesh strainer under tap water until water runs clear, not cloudy. 2. Combine quinoa and water in a small pot. Cover and bring to a boil. Turn heat down to low and simmer until water is completely absorbed, about 10-15 minutes. When done, quinoa will be soft and a white ring will pop out on the kernel. Fluff with a fork and set aside.
Beans, black, canned, no salt added	Purchase 2 -15 oz. cans	2 ¼ cups			3. Place beans in a large mixing bowl. Lightly mash beans by squeezing them using gloved hands. Do not over mash (about half the beans should remain intact).
Peppers, green sweet, diced Onion, red, diced Carrots, grated Cheese, cheddar, red. fat, shred. Chili powder Cumin, ground Lime, fresh juice	1 ¼ oz. 2 oz. 1 ½ oz. 2 oz. - - (1 lime)	¼ cup ¼ cup ½ cup - 1 tsp 1 ¼ tsp 1 ¼ tsp			4. Combine diced peppers, diced onions, shredded carrots, quinoa, spices, beans, juice from the fresh lime, and grated cheese together to make the filling. 5. For each wrap, place ½ cup of filling on bottom half of tortilla and fold in half like a taco.
Parchment paper Pan spray, garlic flavored		1 each Light spray			6. Place wraps on a lined sheet pan. Spray wraps with garlic flavored pan spray. Bake 10 minutes at 325°F until lightly browned. Serve hot.



## Fiesta Wrap, continued

Serving Size	1 Serving Provides	Yield
	1.5 oz. eq. Meat/Meat Alternate 1.25 oz. eq. Grain .125 cup Vegetable	

### Nutrients Per Serving

Calories	196	Vitamin A	1766.54 IU	Iron	2.2 mg
Protein	9.59 gm	Vitamin C	7.69 mg	Calcium	204.97 mg
Carbohydrate	29.28 gm	Fiber	5.58 gm	Cholesterol	5.33 mg
Fat	4.75 gm	% Fat	21.77 %	Sodium	321.16 mg
Saturated Fat	2.17 gm	% Saturated Fat	9.97 %	Sugars	.18 g

# Tortilla Roll-Ups

**HACCP:** Process 1

**Recipe Source:** South Barber High School USD 255

**Team:** Team 1 Culinary Arts

Ingredients	60 servings		Directions
	Weight	Measure	
Tortillas, whole wheat	15 oz.	10 each	1. Wash and sanitize equipment to be used Wash hands. 2. Mix cream cheese, green onions, black olives, ham, and cheese in a medium size bowl. 3. Spread the cream cheese mixture on the tortillas. Roll up the tortillas, jellyroll style. Cover with plastic wrap and hold cold at 41°F or below for at least 2 hours. 4. Remove tortillas from the cooler. Cut into ¾ inch slices for service.
Cream cheese, whipped, red. fat	8 oz.	1 pkg.	
Green onions	2 oz.	½ c.	
Black olives	1 ¼ oz.	¼ c.	
Ham, chopped, lean	4 oz.	¾ c.	
Cheddar cheese, sharp shredded	1 oz.	¼ c.	
Plastic wrap			

Serving Size (ounces)	Serving Size (grams)	Yield
½ ounce	14.2 grams	60 slices

This whole grain product meets all nutrient standards for entrees or snack foods.

## Nutrients Per Serving

Calories	23	Calories from Fat	6.1
Total Fat	0.68 g	Sodium	88.7 mg
Saturated Fat	0.24 g	Sugars	0.30 g
Trans Fat	0 g		

**Team:** Team 1 Culinary Arts  
**FACS Educator:** Cheryl Swartz  
**Nutrition Program Representative:** Lori Sahadi  
**Students:** Bailey Roberts

# Tuna Crispy Slaw Pocket

**Main Dish:**

**Recipe Source:** Adapted from Recipes for Healthy Kids Cookbook

Ingredients	6 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Cabbage, red, shredded Cabbage, green, shredded Carrots, shredded Bok Choy, shredded Cilantro, fresh, chopped fine	6 oz. 5 oz. 4 ½ oz. 6 oz. -	2 ½ cups 2 cups 1 ½ cups 1 cup 2 T			1. Combine shredded cabbages, shredded carrots, shredded Bok Choy and cilantro to make the vegetable blend.
Oil, olive Vinegar, balsamic Chili powder Cumin, ground Onion powder Tuna, light, canned in water, drained		⅛ cup ½ cup 1 tsp 1 tsp 2 tsp -			
Lettuce, romaine, leaves, rinsed Lime, fresh, cut into wedges Pocket thins, whole wheat (Arnold Pocket Thins Flatbread)		6 outer leaves 6 wedges 3 each			4. Place lettuce leaf on the plate, clam shell or food boat. Scoop 1 cup of the tuna/vegetable blend onto lettuce leaf. 5. Cut whole wheat pocket thins in half to make 6 halves and place one half onto each portion. 6. Serve with lime wedge.

Serving Size	1 Serving Provides	Yield
	2 oz. eq. Meat/Meat Alternate 1.5 oz. eq. Grain 1.25 cup Vegetable	

## Nutrients Per Serving

Calories	262	Vitamin A	8206.35 IU	Iron	3.24 mg
Protein	21.59 gm	Vitamin C	41.14 mg	Calcium	130.98 mg
Carbohydrate	33.42 gm	Fiber	8.46 gm	Cholesterol	27.22 mg
Fat	7.15 gm	% Fat	24.61 %	Sodium	429.23 mg
Saturated Fat	.84 gm	% Saturated Fat	2.89 %	Sugars	4.25 g