

Turkey Wraps

PROTEIN
1st Grade

Create MyPlate Recipes to Try at Home

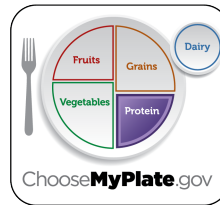
INGREDIENTS

- 1 whole wheat tortilla
- 2 Tbsp reduced fat cream cheese
- ¼ tsp dried basil
- 4 slices of deli turkey

DIRECTIONS

Spread cream cheese over the whole wheat tortilla. Sprinkle dried basil over cream cheese. Layer turkey slices over the tortilla so that they cover most of the tortilla. Roll up the tortilla and cut into 1 ½ inch sections. Serve immediately.

Source: Adapted from Food Sense Kids –Sprout lesson from Food Sense, Utah State University, Nutrition, dietetics, & Food Sciences.



Peanut Butter Yogurt Dip/Spread

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INGREDIENTS

- 1 cup vanilla yogurt
- ¾ cup peanut butter
- 1 Tbsp honey
- Slices of your favorite fruits or vegetables (apple, pear, peach, celery, carrot, broccoli, cauliflower)
- bread, toast or bagel (optional)

DIRECTIONS

Mix yogurt, peanut butter, and honey together well. Eat dip with fresh fruit or vegetables or spread on bread, toast or bagel. Keep leftover dip refrigerated.

Source: Adapted from Food, Fun, and Reading, Pre-kindergarten through Grade 2 Nutrition and Literacy Education Program –Protein Group, The University of Vermont Extension.

