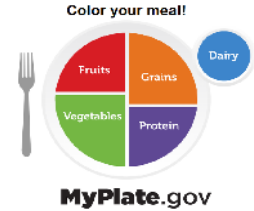




TURKEY VEGGIE WRAPS



Ingredients:

4 radishes

1 cup salad greens

1 lemon, zested and juiced

1 large avocado, mashed

¼ cup non-fat plain yogurt

1 carrot, peeled

3 sprigs fresh herbs (parsley/cilantro), chopped

2 ounces low fat cheddar cheese, grated

3 (8-inch) whole wheat flour tortillas

5 ounces thinly sliced roasted turkey

Directions:

1. Use a vegetable peeler to peel radishes and carrots into long, thin strips. In a medium bowl, collect veggie strips.
2. In a bowl, mix mashed avocado with yogurt, 1 tsp lemon juice, herbs and a pinch of lemon zest.
3. Warm 1 tortilla in the microwave for 30 seconds. Place the warm tortilla on a cutting board. Spread some avocado mixture over center of tortilla. Layer with the greens, grated veggies, cheese & turkey. Squeeze more lemon juice over the mixture.

Find more recipes and resources online at: www.gcfb.org/recipes_resources

Want to apply for SNAP Benefits? Call the number below for assistance!

Mention **Gleaners** when speaking with your SNAP representative.

F.O.R.
Comida y otros recursos
LÍNEA DE AYUDA



Para obtener ayuda para encontrar una despensa de alimentos, ayuda para presentar una solicitud de beneficios de SNAP o referencias a otros recursos, llame al

1-888-544-8773

F.O.R.
Food and Other Resources
HELPLINE



For help finding a food pantry, assistance in applying for SNAP benefits or referrals to other resources, call

1-888-544-8773

F.O.R.
خط المساعدة
خط الموارد العربي



للحصول على المساعدة في العثور على مخزن طعام، أو المساعدة في التقدم بطلب للحصول على مخصصات SNAP، أو الإحالات إلى موارد أخرى، اتصل بالرقم

1-888-544-8773

 Operado por el Consejo del Banco de Alimentos de Michigan
Food Bank Council of Michigan
Financiado en parte por el Departamento de Salud y Servicios Humanos de Michigan
(Michigan Department of Health and Human Services)

 Operated by the Food Bank Council of Michigan
Funded in part by the Michigan Department of Health and Human Services

 Operated by the Food Bank Council of Michigan
Funded in part by the Michigan Department of Health and Human Services

¿TIENE UNA TARJETA BRIDGE?



**COMPRE \$1
OBTENGA \$1 GRATIS
FRUTAS Y VERDURAS**



HAVE A BRIDGE CARD?



**BUY \$1
GET \$1 FREE
FRUITS & VEGGIES**

DoubleUpFoodBucks.org/GetFresh

 [866.586.2796](tel:866.586.2796)

**هل لديك "بطاقة الفود
ستامب" BRIDGE CARD؟**



**اشتر بقيمة 1 دولار
واحصل على 1 دولار مجانية
من الفواكه والخضراوات**



Scan the QR code below for more resources!



linktr.ee/gleanersnutritioneducation

Text **HEALTHYEATS** to **833-956-1009** to get text alerts for classes, nutrition tips, recipes, and more!