

Chicken Lettuce Wraps

A fun way to eat more veggies!

1 pound ground lean turkey or chicken
2 tablespoons barbecue sauce

1 tablespoon vegetable oil
1 cup finely shredded carrots
1 cup finely shredded cabbage
1 garlic clove, minced
2 tablespoons chopped cilantro
Dash of salt and black pepper

- 1 Cook ground meat in a large skillet, until it is not longer pink. Season the meat with barbecue sauce. Break meat into tiny pieces with a spoon while it is cooking.
- 2 Heat the oil in another large skillet. Add the carrots, cabbage, cilantro and garlic to the skillet. Heat and cook for 3 to 4 minutes, until vegetables are slightly soft. Add a little water while cooking to keep vegetables moist. Season with salt and pepper.
- 3 Place the cooked meat and cooked vegetables in 2 separate piles on a large serving dish. Serve with large lettuce leaves.

Variations:

- Use finely chopped chicken breast or shrimp instead of ground chicken.
- For a different flavor, add ½ cup of your favorite stir fry sauce to the meat mixture.
- Bags of coleslaw veggies (shredded cabbage and carrots) are available in the produce section of the grocery store. Easy to use in this recipe.
- Create a Mexican Lettuce Wrap – roll up your favorite beef or chicken taco mix.
- Use chopped bok choy instead of cabbage.



Leafy and Green

Spring is here!

Get ready for delicious meals with leafy green veggies – lettuce wraps, salads, sandwiches.

Dark green, leafy lettuce is a good source of vitamins A, C and folate.

Bibb & Boston Lettuce

These two lettuces have soft leaves that are great for salads, sandwiches and lettuce wraps. They have a small, round, loosely formed head and a sweet flavor.

Leaf Lettuce

There are many summer leaf lettuces that can be easily used in wraps or salads.

Romaine Lettuce

Cut out the inner stem and use the sturdy leaves for wraps. Use chopped lettuce in your sandwich or taco.

Family Style Wraps

Serve lettuce leaves and meat mixture on a platter.

Let everyone put together their own wrap.

Colorful and Fun

A recent study found that children like to eat food that looks good.

Children love foods with a variety of colors. They like to see foods shaped into silly faces, animals and designs.

Take time to make healthy foods look colorful and fun.

Vegetables can be little pieces of art.

- ✗ Broccoli can be cut into tiny pieces.
- ✗ Carrots can be finely grated.
- ✗ Red and green bell peppers can be cut into thin strips.
- ✗ Cut cherry tomatoes into 4 small pieces.

Create fun shapes with food – faces, animals, snakes, spiders and little people

Put a small amount of grated or cut up veggies on the plate. The garnish will make the food seem more special.

Make a Berry-Banana Split – cut a banana in half lengthwise and place in a bowl. Top with yogurt. Sprinkle with fresh blueberries, raspberries or sliced strawberries.



Play Time!

Find other children that your child can play with. Being active helps your child learn to be creative.

Play games together

Follow the Leader
Marching Band
Ring around the Rosy
Hide and Seek
Musical Chairs
Hopscotch

Kids just want to have fun!

Enjoy the outdoors!

- Go for a walk together.
- Play with sand at the beach or in a sand box.
- Play with water. Run through a sprinkler; splash in a wading pool; wash the car or outdoor toys together.
- Go for a ride. Let your child ride a tricycle or bike while you jog or walk with him.
- Find a playground and swing, climb, slide and jump.
- Rake the yard and pick up little sticks. Get ready for the summer!



What can you do?

- Make healthy foods that look fun and colorful.
- Make Lettuce Wraps for my family.
- Play games outside with my children.
- Other: _____