

Shake It Off with a Turkey Roll

Makes: 1 Servings

"I presented to the school board my suggestions to help students identify what makes a lunch healthy. This recipe is one of my favorites," says Izzy. "I saw in my experiment that pre-packaged food and fruit snacks/chips and other unhealthy foods were in my friends' lunch boxes. It is important to teach my friends what good choices look like and how what FUEL they choose for their bodies affects how they perform throughout their day."

Ingredients

- Fresh blueberries
- Fresh strawberries, sliced
- Fresh spinach, torn into bite-sized pieces
- Fresh romaine lettuce, torn into bite-sized pieces
- Carrot slivers
- 1 tablespoon** ranch dressing
- 1** soft tortilla
- 1/4 teaspoon** mayonnaise
- 2 slices** turkey breast
- 1 slice** Colby Jack cheese

Directions

1. **Place the blueberries** and strawberries in a small container together.
2. **Place the spinach**, romaine, and carrots in a small container together. Place the lid on the container and shake.
3. **Place the ranch dressing** in a small container (I like mine separate so my salad isn't soggy by lunchtime).



Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	501	
Total Fat	22 g	34%
Protein	35 g	
Carbohydrates	39 g	13%
Dietary Fiber	13 g	52%
Saturated Fat	4 g	18%
Sodium	602 mg	26%

*Percent Daily Values are based on a 2,000 calorie diet.

4. **Place the tortilla** on the cutting board. Spread mayonnaise on the tortilla, add the turkey, veggies, and cheese, roll the tortilla up, and cut it into 1-inch sections.

The 2015 Healthy Lunchtime Challenge Cookbook