



KidFood

Healthy Eating for Today's Kids

Nutrition Matters

May 2012

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
6-8 large lettuce leaves



1. Cook ground meat in a large skillet, until it is no longer pink. Break meat into tiny pieces with a spoon while it is cooking. Season the meat with barbecue sauce.
 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.
 4. Spoon some of the meat and veggies into a large lettuce leaf. Wrap the leaf like a burrito.
- Serves 6.

Variations:

- Use finely chopped chicken breast or shrimp instead of ground chicken.
- For a different flavor, substitute 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.

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 on a taco.



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: _____

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

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!





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KidFood is published 12 times a year.
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