

Food Advocate

Monthly Newsletter
June 2023: Sandwiches & Wraps

HCAA Food Advocacy
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Welcome!

Hi, I'm glad you are here! For those who are new- I have created this resource to share yummy, yet healthy and simple recipes, as well as a way to keep in touch! Each month a different category of food will be introduced, whether that is plant-based meals or gluten free meals; there is a recipe for everyone! If you are looking to showcase your favorite recipe and or share any recommendations, feel free to email me at cinsley@harfordcaa.org. Previous newsletters can be found at harfordcaa.org under Programs> Food Advocacy Program> Food Advocacy Newsletter.

Sandwiches & Wraps

Most of us can agree that nothing compares to a sandwich on the beach.

As school days are coming to an end and more days are spent outside, preparing a sandwich or a wrap is a quick option that can still be considered a nutrient- dense meal. Below you will find various options, whether you are looking for a vegetarian or a low-carb option.



Chicken Caesar Wrap

Ingredients:

- 6 oz. grilled chicken breast (cubed or shredded)
- About 1/4 cup lite Caesar salad dressing (can be purchased or made on your own- recipe below)
- About 1/8 cup freshly grated parmesan cheese
- 1/2 tbsp. lemon juice
- pinch of garlic powder and black pepper
- 1-2 pieces romaine
- 1 whole wheat tortilla (8 inch)
- Croutons (optional)

Directions:

1. Combine the chicken, Caesar dressing, parmesan, lemon juice, garlic powder, and black pepper.
2. Place the romaine lettuce on the tortilla first. After this you can add your chicken mixture on top, as well as your croutons (optional).
3. Fold the wrap together and then cut in half.

Low Calorie Caesar Dressing:

- 3/5 cup plain nonfat Greek yogurt
- 1/4 cup freshly grated parmesan cheese
- 2 tbsp. lemon juice
- 1 tbsp. light mayo
- 1 tbsp. olive oil
- 1 tsp. anchovy paste
- 1 clove garlic
- Pinch of salt and pepper



Hummus & Veggie Wrap

Ingredients:

- 2 tbsp. hummus
- 1 whole wheat tortilla (8 inch)
- 1/4 cup torn mixed salad greens
- 2 tbsp. finely chopped sweet onion
- 2 tbsp. thinly sliced cucumber
- 2 tbsp. alfalfa sprouts
- 2 tbsp. shredded carrot
- 1 tbsp. balsamic vinaigrette

Directions:

1. Spread hummus evenly over your tortilla.
2. Layer your salad greens, onion, cucumber, sprouts, and carrot.
3. Drizzle with vinaigrette and roll up tightly.



Greek Pita

Ingredients:

- 1/2 cup chickpeas
- 2-3 grape tomatoes (chopped)
- 1/2 cucumber (peeled and chopped)
- 1/2 tsp. fresh dill (chopped)
- 1 1/2 tbsp. reduced fat feta cheese
- 1 tbsp. nonfat Greek yogurt
- 1 tbsp. low fat sour cream
- Pinch of salt and pepper
- 1 whole wheat pita pocket



Directions:

1. Drain and rinse the chickpeas. Add to a large bowl once finished.
2. Add the chopped tomatoes, chopped cucumber, chopped dill, feta, Greek yogurt, sour cream, and salt and pepper to the bowl with the chickpeas. Mix well.
3. Add mixture from the bowl to a pita pocket.

Gouda Turkey Club

Ingredients:

- 1-2 slices smoked gouda cheese
- 1/4 teaspoon garlic powder
- 1/4 teaspoon ground pepper
- 2 slices whole wheat bread (option to toast)
- 1-2 romaine leaves
- 2 slices tomato
- 2 ounces smoked turkey
- 1/2 medium ripe avocado

Directions:

1. Spread avocado evenly over the two slices of bread. Sprinkle garlic powder and ground pepper over the avocado.
2. Layer the sandwich with the cheese, tomato, lettuce, and turkey.



Classic BLT

Ingredients:

- 4 slices bacon
- 2 pieces lettuce
- 2 slices tomato
- 2 slices whole wheat bread (option to toast)
- 1 tbsp. mayo
- 1/2 avocado (optional)

Directions:

1. Spread mayo evenly on both sides of your bread.
2. Layer sandwich with all the ingredients above.

