



# 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

### Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>501</b>
<b>Total Fat</b>	<b>22 g</b>
Saturated Fat	4 g
Cholesterol	56 mg
<b>Sodium</b>	<b>602 mg</b>
<b>Total Carbohydrate</b>	<b>39 g</b>
Dietary Fiber	13 g
Total Sugars	26 g
Added Sugars included	0 g
<b>Protein</b>	<b>35 g</b>
Vitamin D	0 mcg
Calcium	309 mg
Iron	4 mg
Potassium	995 mg

N/A - data is not available

### MyPlate Food Groups

<span style="color: red;">■</span> Fruits	2 1/4 cups
<span style="color: green;">■</span> Vegetables	1 cup
<span style="color: orange;">■</span> Grains	1 1/2 ounces
<span style="color: purple;">■</span> Protein Foods	2 ounces
<span style="color: blue;">■</span> Dairy	1/4 cup

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).
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.

## Notes

State: Kentucky

Child's Name: Izzy Washburn, 9

**Source:** The 2015 Healthy Lunchtime Challenge Cookbook