

RECIPE

DIRECTIONS

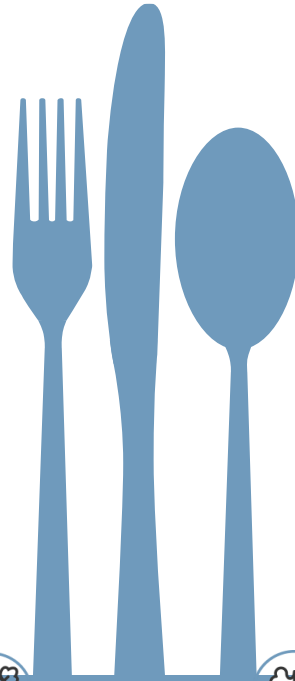
1. Rinse and drain 2 15-ounce cans of chickpeas.
2. Combine 1/4 cup pesto with 1/4 cup plain Greek yogurt and 1 freshly squeeze lemon.
3. Chop 1/4 of a red onion and 1/2 of a bunch of fresh parsley.
4. Mix all together.
5. Serve as is, in pita pockets, with pita chips, in lettuce wraps or as is!



Pesto Chickpea Salad

INGREDIENTS

- Chickpeas
- Pesto*
- Lemon
- Plain Greek yogurt
- Red onion
- Fresh parsley



RECIPE

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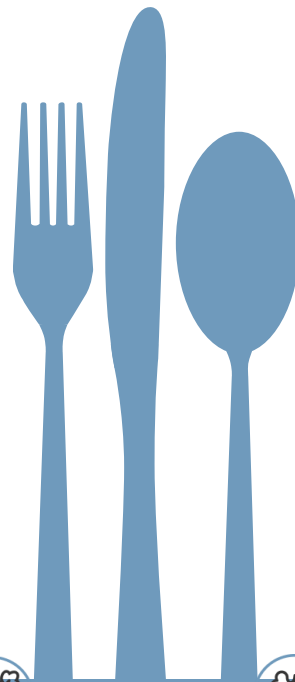
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Avocado Chicken Salad Wrap

DIRECTIONS

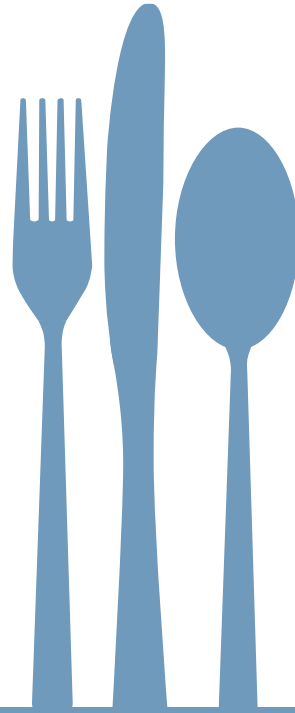
1. Combine 1 cup cooked, shredded chicken breast, 2 tablespoons plain Greek yogurt, 2 tablespoons parsley, juice from 1 lemon, 1 mashed avocado (more if needed), 1 teaspoon garlic powder and 2 tablespoons Dill pickle (optional) into a large bowl.
2. Spread 1/4-1/2 cup of chicken salad mix per whole-wheat wrap and roll tightly.



CABARRUS
HEALTH
ALLIANCE

INGREDIENTS

Chicken breast
Plain Greek yogurt
Parsley
Lemon
Avocado
Garlic powder
Dill pickle (optional)
Whole-wheat wrap



Avocado Chicken Salad Wrap

DIRECTIONS

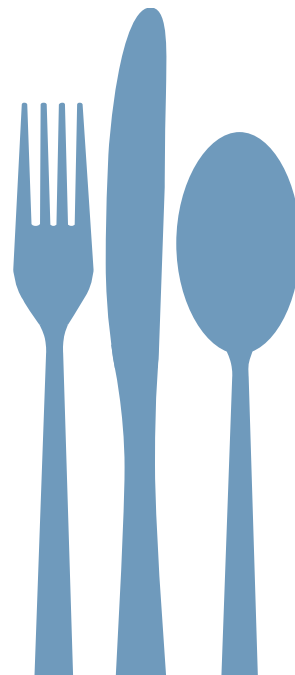
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Plain Greek yogurt
Parsley
Lemon
Avocado
Garlic powder
Dill pickle (optional)
Whole-wheat wrap



RECIPE

Caprese Pasta Salad with White Beans

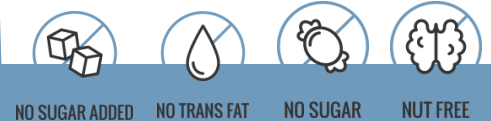
DIRECTIONS

1. In a small bowl, mince 2 cloves of garlic and add 1/3 cup balsamic vinegar and 3 tablespoons olive oil, whisk together.
2. Cook orecchiette pasta according to package.
3. Rinse and drain 1 15-ounce can of white beans.
4. Combine pasta, 1 pint of grape tomatoes (sliced), 1 cup fresh basil (chopped), 1 container mozzarella pearls or cubes (~1 1/2 cup, rinsed and drained), white beans, and balsamic dressing. Season with black pepper to taste.



INGREDIENTS

- Orecchiette pasta
- Grape tomatoes
- Fresh mozzarella
- Fresh basil
- White beans
- Black pepper
- Garlic
- Balsamic vinegar
- Olive oil



RECIPE

Caprese Pasta Salad with White Beans

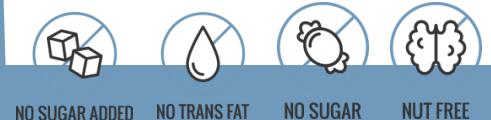
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INGREDIENTS

- Orecchiette pasta
- Grape tomatoes
- Fresh mozzarella
- Fresh basil
- White beans
- Black pepper
- Garlic
- Balsamic vinegar
- Olive oil

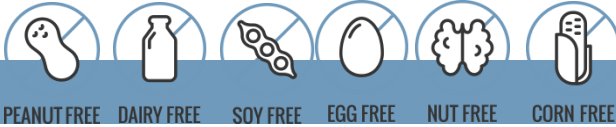


RECIPE

Turkey or Black Bean Taco Lettuce Wraps

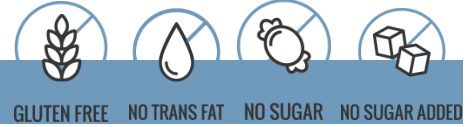
DIRECTIONS

1. Heat olive oil in a skillet and sauté 3/4 cup yellow onion.
2. Add 1 pound ground turkey breast OR 2 15-ounce cans of black beans (rinsed and drained). Cook turkey until browned.
3. Add 2 cloves of minced garlic, 1 tbsp. chili powder, 1 tsp. cumin, 1/2 tsp. paprika, 1/2 cup tomato sauce, and 1/2 cup low-sodium chicken OR vegetable broth.
4. Reduce to a simmer and cook for 5 minutes.
5. Serve over lettuce leaves with desired toppings.



INGREDIENTS

- Olive oil
- Yellow onion
- Ground turkey breast or black beans
- Garlic
- Chili powder
- Cumin
- Paprika
- Tomato sauce
- Chicken or vegetable broth
- Iceberg lettuce
- Toppings: cheese, tomatoes, red onion, cilantro

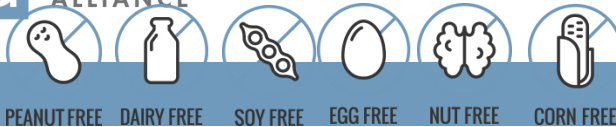


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INGREDIENTS

- Olive oil
- Yellow onion
- Ground turkey breast or black beans
- Garlic
- Chili powder
- Cumin
- Paprika
- Tomato sauce
- Chicken or vegetable broth
- Iceberg lettuce
- Toppings: cheese, tomatoes, red onion, cilantro

