

Salad in a Wrap

Ingredients

- 6 Bibb lettuce leaves
- 1 large cucumber, diced
- 1 beet (2 inch diam), shredded
- 1 carrot, medium, shredded
- 6 tsp sunflower seeds
- 2 tsp of olive oil
- 2 tsp of balsamic vinegar

Directions

1. Lay lettuce leaves on a flat surface. Top each leaf with equal amounts of cucumber, shredded beets and carrots, and sunflower seeds.
2. Whisk olive oil and balsamic vinegar together to create a balsamic vinaigrette. Drizzle over the ingredients on each leaf.
3. Flip the sides of the lettuce up and in. Then slowly begin rolling away, similar to creating a wrap with a tortilla.

Handling & Storage

Store cucumbers in a plastic bag for up to 1 week in the refrigerator.

When ready to use, scrub cucumbers under cold running water. Some cucumbers from the grocery store may be waxed to help retain moisture during transportation, but will not come off

with water. In this case, peel the cucumber, otherwise follow the recipe directions.

Nutritional Information

Calories: 117

Total Fat: 6.4 g

Saturated Fat: 0.9 g

Cholesterol: 0 mg

Sodium: 64 mg

Total Carbohydrates: 14.5 g

Dietary Fiber: 2.9 g

Sugars: 8.2 g

Protein: 2.7 g

Serves: 2