

# Saturdays

*with the*

# Chef

## Turkey Veggie Roll-Up

Serves: 1

- 1 whole wheat tortilla
- 1 oz (3 slices) low-sodium or no sodium turkey
- ½ cup chopped cucumbers
- ¼ cup roasted red peppers
- ½ cup spinach or leafy green of choice
- 1 tbsp hummus

Directions: Lay the tortilla flat and spread the hummus. Layer on the spinach, turkey, red peppers, and cucumbers. Starting at the filling end of the tortilla, roll tightly. Serve wrap chilled. This wrap can be cut into small equal pieces for an appetizer or snack.

## Black Bean Quesadilla

Serves: 1

- 1 whole wheat tortilla
- 1/2 cup black beans
- 1/4 cup of salsa or chopped tomatoes
- Sprinkle of shredded cheese of choice
- ¼ cup sliced avocado
- 1 teaspoon olive oil

Directions: Combine beans, cheese, and 2 tablespoons of salsa in a bowl. Place tortilla on a flat surface and spread filling on half of the tortilla. Fold tortilla in half and press gently to flatten. Heat 1 tsp of oil or use cooking spray in a large skillet over medium heat. Add quesadilla and cook, turning once, until golden on both sides, 2-4 minutes total. Serve the quesadilla with avocado and salsa.

\*A quesadilla maker can be substituted as a cooking method for this recipe

## Avocado Chicken Salad

Serves: 6

- 2 medium cooked chicken breasts, shredded or chopped
- 1 ripe avocado, pitted and diced
- 1 tablespoon of mayonnaise
- ½ cup celery, diced
- 1 cup grapes, diced
- 4 green onions, diced
- 2 boiled eggs, diced
- Salt and pepper to taste

Directions: In a large bowl, add all ingredients and mix thoroughly. Serve chilled. Drizzle with lime or lemon juice to prevent browning of avocado.

