Benefits of eating fresh versus processed meats:

Recipe created by Digestive Disease Institute registered dietitians.

Research has identified that colon cancer risk increases as processed meat consumption increases. Processed meats include deli/luncheon meats, sausages, bacon and smoked meats. Fresh meats, fishes/seafood and poultry, also with fresh meats, fishes/seafood, should be added to your diet and substituted for processed meats once a week. Try minimizing these in your menu once at least.
Coleslaw Flatbread Folds

Makes 6 servings

3 cups broccoli slaw
1/2 carrot, shredded
1/4 cup light mayonnaise
1 tablespoons vinegar
1 tablespoons olive oil
1 tablespoons sugar, or to taste
1/8 teaspoon pepper, or to taste
18 ounces meat from a rotisserie chicken
6 whole wheat tortillas
30 leaves of baby spinach

1. Mix broccoli slaw and carrots together in large bowl. In a separate medium bowl, whisk together the mayonnaise, vinegar, olive oil, sugar and pepper. Pour this mixture over the broccoli slaw and carrots and toss to coat thoroughly. Refrigerate until you are ready to make your flatbread fold.

2. When ready, add 1/2 cup of the broccoli slaw mixture to center of the flatbread. Top with 3 ounces of rotisserie chicken and finish by adding baby spinach leaves.

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 311
- Total fat: 10.5g
- Saturated Fat: 1.3g
- Fiber: 6.3g
- Sugar: 0.5g
- Protein: 25g
- Sodium: 596mg
- Calcium: 7.7mg
- Magnesium: 15.7mg
- Potassium: 616.7mg