

Benefits of eating fresh versus processed meats:

Research has identified that colon cancer risk increases as processed meat consumption increases. Processed meats include deli/luncheon meats, sausages, bacon and smoked meats.

Try minimizing these in your diet and substituting with fresh meats, fishes/seafood and poultry. Also add a vegetarian meal to your menu once at least once a week.



For more information, visit
clevelandclinic.org/nutrition

Recipe created by Digestive Disease Institute registered dietitians.

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

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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