

tresh versus processed meats: Benefits of eating

smoked meats consumption increases. Processed meats, sausages, bacon and meats include deli/luncheon risk increases as processed meat

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



clevelandclinic.org/nutrition For more information, visit

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

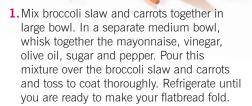
1 tablespoons sugar, or to taste

1/8 teaspoon pepper, or to taste

18 ounces meat from a rotisserie chicken

6 whole wheat tortillas

30 leaves of baby spinach



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