

Cucumber APPLE LETTUCE WRAP

Easy and healthy apps perfect for sharing! Get your full dose of fruit and veggies in this fun way to make your diet and tastebuds happy!



DIRECTIONS:

- In a small bowl, mix together all the filling ingredients. Filling can be made the night before.
- To serve, spoon filling down the center of the lettuce leaf and wrap it up.

CHEF'S TIP:

Try different kinds of fillings such as cheese, tuna, and turkey.

Nutrition Facts	
Serving Size (310g) Servings Per Container	
Amount Per Serving	
Calories 170	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 45mg	2%
Total Carbohydrate 35g	12%
Dietary Fiber 5g	20%
Sugars 16g	
Protein 4g	
Vitamin A 110%	Vitamin C 120%
Calcium 20%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	Less than 300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



Prep time: 15 Minutes
Cook time: N/A
Serves: 4 People

INGREDIENTS:

- 1 cup English Cucumber, diced
- 1 cup Red Bell Pepper, diced
- 1 cup red apple, diced
- ½ cup dried cranberry
- 2 tbsp. white balsamic vinegar
- ¼ cup goat cheese
- 8 Boston lettuce leaves
- 1 lime, juiced
- Salt & pepper to season



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