



Turkey Chard Wraps & Mayo Dip

(serving size noted is for one person – multiply as needed)

This lunch is fast to prepare and easy to eat in the middle of a busy day!

Ingredients:

- 2 large, fresh chard leaves – wash and trim out stem, leaving 2 halves per leaf (4 halves total)
- 4 slices of turkey sandwich meat, from reputable source like Applegate Farms (or homemade)
- ½ - 1 ripe avocado – cut into slices
- 1 chunk of fresh raw zucchini about 3-inches long – cut into matchsticks 3” long.
- Dash of cayenne or dried mustard
- Home Made Mayonnaise for dipping – see separate recipe

Method:

- Place the 4 chard half-leaves on a flat surface, spread out so they are not touching.
- Divide the avocado equally between the chard leaves, and mash slightly with a fork to make a paste.
- Dust the avocado with either cayenne, mustard or other spice of your choosing.
- Divide the zucchini sticks equally between the chard leaves, placing them side by side for rolling.
- Place one piece of sandwich meat on each half-leaf.
- Dust with high-quality sea salt to taste.
- Roll up each half-leaf, starting at wide end and finishing with the small end.
- Serve on a plate along with a small dish of the mayo for dipping.

Eat with your hands and Enjoy!