

Eat 3 vegetables and 2 fruits every day!

- Discover fast ways to cook
- Color your plate
- Stock up
- Focus on whole fruits
- Shop what's in season
- Eating out



Harvest of the Month Recipe: *Teriyaki **Lettuce** Wraps*

Ingredients:

- 1/4 cup water
- 1 tablespoon cornstarch
- 1/2 cup low-sodium teriyaki sauce
- 1 pound ground turkey
- 1 tablespoon cooking oil
- 6 iceberg **lettuce** leaves

Instructions:

- Mix water, cornstarch and teriyaki sauce
- Heat oil in a skillet and add meat; stir until cooked through
- Serve in a **lettuce** leaf
- Enjoy!

Harvest of the Month: **Lettuce**



Benefits:

- **Lettuce** is a good source of vitamin A and vitamin K
- Dark **lettuce** leaves have more nutrients than lighter leaves

Buying Tips:

1. Choose **lettuce** heads that are tight and firm
2. Rinse **lettuce** with cold water; gently pat dry before use

Share your teriyaki lettuce wraps on social media!



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This institution is an equal opportunity provider. This material was funded by USDA's SNAP and other HealthMPowers partners.

Source: <https://www.myplate.gov/tip-sheet/vary-your-veggies>

Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/teriyaki-lettuce-wraps>