



## The Kitchen at Second Harvest Sunshine Roll-Ups try at home recipe

Recipe modified from Food Hero

flip to learn more!



### Ingredients

- ½ cup finely chopped celery
- ¼ cup minced onion (any type)
- 1 1/2 Tablespoons mayonnaise
- 1 teaspoon low-sodium soy sauce
- ½ teaspoon garlic powder or 2 cloves garlic
- ¼ teaspoon pepper
- 1 cup chopped cooked chicken
- 2/3 cup mandarin orange segments (canned, drained and rinsed, or fresh)
- 2 medium (8-inch) whole wheat tortillas
- 4 medium lettuce leaves, salad greens or microgreens

**Yield: 2 Roll-Ups**

**Serving Size: 1/2 Roll-Up**

### Directions

1. Wash hands with soap and water.
2. In medium bowl, mix celery, onion, mayonnaise, soy sauce, garlic powder and pepper.
3. Gently mix in chicken and orange segments.
4. Lay tortilla on clean cutting board or large plate.
5. Place 2 lettuce leaves on each tortilla, trimming or moving leaves to keep them inside the tortilla.
6. Place 1/2 the chicken mixture in the middle of the lettuce.
7. Roll tortillas into a wrap and cut in half. Repeat with other tortilla, lettuce and rest of chicken mixture.
8. Refrigerate leftovers within 2 hours.



Find more recipes, free classes,  
and ways to get involved!



[secondharvestkitchen.org](http://secondharvestkitchen.org)



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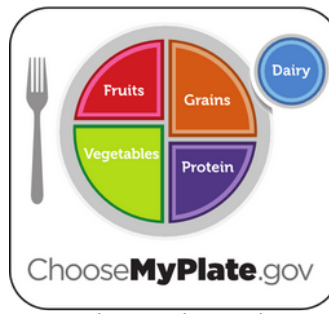


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## Featured Food Groups

The benefits of healthy eating add up over time, bite by bite. Small changes matter. Start Simple with MyPlate.

A healthy eating routine is important at every stage of life. It can have positive effects that add up over time. It's important to eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified alternatives. When deciding what to eat or drink, choose options that are full of nutrients. Make every bite count.



**Protein** includes all foods made from seafood; meat, poultry, and eggs; beans, peas, lentils; and nuts, seeds, and soy products. Beans, peas, and lentils are also part of the Vegetable Group.



Foods made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a **grain** product. Bread, pasta, breakfast cereals, grits, and tortillas are examples of grain products. Foods such as popcorn, rice, and oatmeal are also included in the Grains Group.



Any **vegetable** or 100% vegetable juice counts as part of the Vegetable Group. Vegetables may be raw or cooked and can be fresh, frozen, canned, or dried. They can be whole, cut-up, or mashed.



The **Fruit** Group includes all fruits and 100% fruit juice. Fruits may be fresh, frozen, canned, or dried/dehydrated. At least half of the recommended amount of fruit eaten should come from whole fruit, rather than 100% fruit juice.

## Cooking Tips

- No oranges? Use halved grapes or diced apples.
- Instead of chicken, try using 1 cup cooked/drained garbanzo beans, or 1 cup of small tofu cubes.

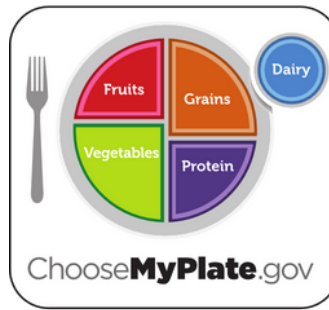
**Second Harvest is an equal opportunity provider.**



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## Nutrition Facts

Nutrition Facts	
4 servings per container	
Serving size	1/2 Roll Up
Amount Per Serving	
<b>Calories</b>	<b>180</b>
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 230mg	10%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	4%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 14g	28%
Vitamin D 0mcg	0%
Calcium 78mg	6%
Iron 1.08mg	6%
Potassium 282mg	6%
Vitamin A	4%
Vitamin C	15%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

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