



## Easy Carrot Salad

### *Ingredients:*

- Carrots
- Green Onion
- Cilantro
- Almonds
- Currants, raisins or dried cranberries
- Fresh lemon
- Salt

### *Directions:*

1. In a large bowl, combine shredded carrots, finely chopped green onion and cilantro.
2. Stir in chopped almonds and dried fruit of your choice.
3. Squeeze in fresh lemon and salt generously.

Tastes even better the next day.

## Veggie Turkey Wraps

By Patty Buskirk of Seeds by Design

Serves 6

### *Ingredients:*

- 1 carton (8 oz.) spreadable garden vegetable cream cheese
- 6 flour tortillas (10 inch)
- 1 pound thinly sliced deli turkey
- 2 cups swiss cheese, shredded

- 3 cups Butterking lettuce, chopped
- 1 medium tomato, sliced and diced
- ½ cup cucumber, chopped
- 2 green onions, chopped

*Directions:*

1. Spread cream cheese evenly over each tortilla.
2. Layer four slices of turkey and 1/3 cup cheese on each tortilla.
3. In a medium-sized bowl, combine lettuce, tomato, cucumber and onions.
4. Top each tortilla with 1/3 cup lettuce mixture.
5. Roll up tightly.

## **Fresh Salsa**

By Patty Buskirk of Seeds by Design

*Ingredients:*

- 3 ½ cups diced Martino's Roma tomatoes
- 1 clove garlic, crushed
- 1 can (4 oz.) green chilies
- 1 jalapeno pepper, seeded and minced
- 1 cup white onion, chopped
- 1 teaspoon cumin
- 3 tablespoon fresh lime juice
- A pinch of sugar, salt and pepper

*Directions:*

1. In a medium bowl, combine the above ingredients.
2. Chill for 30 minutes before serving.