**Cornell University Wellness Program**

**June 2013**

**Kale and Feta Salad**

*Prep Time*: 15 Min

1 bunch kale, large stems discarded, leaves finely chopped

½ teaspoon salt

1 tablespoon apple cider vinegar

1 apple, diced (or pear)

1/3 cup feta cheese

¼ cup currants, raisins, or dried cranberries

¼ cup cashews, almonds, pecans or walnuts

1. Massage kale with salt in a large mixing bowl for 2 minutes.
2. Pour vinegar over the kale and toss to coat. Fold apple, feta cheese, currants, and cashews into the kale.

# Make Ahead Lunch Wraps

These are a delicious make-ahead lunch to freeze as a handy lunch! Just make, freeze, and then heat in the microwave for a very balanced meal.

Prep Time: approx. 30 Minutes. Cook Time: approx. 35 Minutes. **Makes 12 servings.**

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| 1 cup uncooked brown rice 2 cups water 1 (15 ounce) can black beans 1 (15.5 ounce) can pinto beans 1 (10 ounce) can yellow corn | 1 (10 ounce) can diced     tomatoes and green chiles 12 (10 inch) flour tortillas ½ pound shredded pepperjack cheese  Your favorite hot sauce |
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1. Combine rice and water in a saucepan, and bring to a boil. Reduce heat to low, cover, and simmer for 35 to 40 minutes, or until tender. Remove from heat, and cool.
2. Place black beans and pinto beans into a colander or strainer, and rinse. Add corn and diced tomatoes with green chilies, and toss to mix. Transfer to a large bowl, and mix in rice and cheese.
3. Using a one cup measuring cup, scoop mixture into tortillas. Sprinkle with hot sauce, and roll up. Wrap individually in plastic wrap or foil, place into a large freezer bag, and freeze. Reheat as needed in the microwave (if using foil, remove before microwaving) for lunch or snacks.

12 Servings. Each wrap contains 344 calories, 11 grams fat, 4 grams saturated fat, 49 grams carbohydrates, 15 grams protein, 7 grams fiber.