



California Avocado Super Summer Wrap

Makes: 4 servings

Ingredients

- 1 ripe avocado (cut into chunks)
- ½ cup plain nonfat Greek yogurt
- 4 tsp. lime juice
- ½ cup blueberries
- ½ cup carrots (grated)
- ¼ cup red onion (chopped)
- 2 cups fresh arugula (chopped)
- 12 oz. cooked chicken breast (cubed)
- 4 8-inch whole-wheat tortillas

Preparations

- 1) In a medium bowl, mash half of the avocado chunks with yogurt and lime juice.
- 2) Add the remaining ingredients, including the rest of the avocado chunks. Mix gently.
- 3) Top each tortilla with ¼ of the filling mixture.
- 4) Roll up each tortilla and tuck in ends. Slice in half diagonally, securing with toothpicks, if needed.

Nutritional Information (per serving)

Total calories	389
Total fat	13 g
Protein	35 g
Carbohydrate	32 g
Dietary fiber	7 g
Saturated fat	3 g
Total sugars	6 g

Source: USDA

Grilling Safety Tips

As warmer weather hits, the smell of food on the grill fills the air. According to the National Fire Protection Association, nearly 9,000 home fires each year involve grills, so it's important to brush up on barbecue safety. Consider the following grilling safety tips:

Grill outside only. Don't grill in a garage, porch or other enclosed space, even if it's ventilated.

Choose a safe location. Keep your grill on a flat surface at least 10 feet away from your house, garage or other structures.

Check for leaks. Make it a habit to check the gas tank hose before using it for the first time each year.

Never leave your grill unattended. Fires can double in size every minute.

Keep children and pets at least 3 feet away from where food is being prepared or carried.

Clean the grill regularly. Keep it clean by removing grease or fat buildup.



Safe Food Temperatures

Use a food thermometer to check whether meat has reached a safe internal temperature that is hot enough to kill harmful bacteria. Food poisoning could spoil a good time.



145 F Steaks and chops



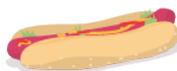
145 F Fish



160 F Hamburgers and other ground beef



165 F Poultry



165 F Hot dogs and precooked sausages

Source: U.S. Department of Agriculture (USDA)

How to Reduce Your Food Waste

According to the U.S. Environmental Protection Agency, the average American produces about 219 pounds of food waste each year. Start small and consider the following tips to reduce your food waste:

Shop smart to avoid buying more food than you need. Make a list of what you need and then stick to it.

Store food properly by learning what should be refrigerated or kept at room temperature.

Keep your fridge organized so you can see foods and know when they were purchased. Place newer packages behind old ones.

Save leftovers in clear glass containers so you don't forget about them.

Freeze food to preserve leftovers, meats, soups, herbs or greens.

Understand expiration dates to know the difference between "sell by," "best by" and "use by" labels.