**Cucumber Yogurt Salad**

**Ingredients:**
- 2 Cucumbers, peeled and sliced
- 1 c Plain yogurt
- 1 tsp. dried dill
- Salt and pepper

**Directions:**
Gently mix together the ingredients
Salt and pepper to taste

**Nutrients:**
Serves: 4 people
51 Calories; 1 g Fat; < 1 g Saturated Fat; 7 g Carbohydrate; 6 g Sugar; 1 g Fiber; 4 g Protein

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**Easy Quesadilla**

**Ingredients:**
- 2 Whole wheat tortillas
- ½ c Vegetarian refried beans
- ¼ c Low-fat cheese
- 3 oz Cooked chicken, shredded
- Salsa

**Directions:**
Spread beans evenly over tortillas. Sprinkle evenly with cheese and chicken.
Microwave quesadilla for 1 – 1.5 minutes
Cut each into 8 wedges
Serve with salsa and enjoy!

**Nutrients:**
Serving: ½ quesadilla
289 Calories; 8 g Fat; 2 g Saturated Fat; 39 g Carbohydrate; 1.5 g Sugar; 8 g Fiber; 18 g Protein

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**Hummus Wrap**

**Ingredients:**
- Whole wheat tortilla
- 2 Tbsp Hummus
- Grated veggies
- Spinach
- Turkey deli meat

**Directions:**
Spread a layer of hummus on the tortilla
Add spinach, turkey meat, and veggies
Roll and enjoy!

**Nutrients:**
Serving: 1 wrap
249 Calories; 6.7 g Fat; < 1 g Saturated Fat; 36 g Carbohydrate; 4 g Sugar; 8 g Fiber; 15 g Protein