

KiK it UP!

Level B - Lesson 6

Lean and Mean Deli Roll-Ups



INGREDIENTS

- 1 stick low-fat string cheese
- 1 slice lean ham or turkey deli meat
- 1 teaspoon honey mustard

Makes 1 serving

DIRECTIONS

1. Wash hands and surfaces.
2. Wrap the meat slice around the string cheese and dip the roll-up in mustard.
3. Refrigerate leftovers immediately.

EQUIPMENT

- Plate

