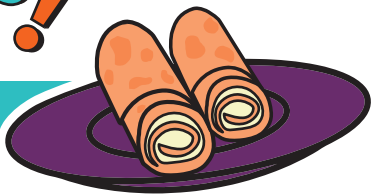


KiK it UP!

Level C - Lesson 1

Ricotta Roll-Ups



INGREDIENTS

- 2 slices 98% fat-free ham or turkey deli meat
- 2 tablespoons low-fat ricotta cheese

Makes 1 serving

EQUIPMENT

- Plate
- Spoon

DIRECTIONS

1. Wash hands and surfaces.
2. Place meat slices on a plate. Spoon ricotta cheese on each slice of meat.
3. Roll meat slices around cheese and enjoy!
4. Refrigerate leftovers immediately.

