



HEALTHY ST. PETE

Episode 7: Game Day!

Deputy Mayor Kanika Tomalin and former Tampa Bay Buccaneer Mike Alstott show us their favorite game day tailgating meal – grilled chicken wraps -easy and quick to prepare!

Grilled Chicken Wraps Ingredients:

- Spinach wraps
- Pre-made grilled chicken or shredded rotisserie chicken

Mediterranean-style wrap:

- Feta cheese
- Diced cucumbers
- Diced tomatoes
- Shredded lettuce
- Avocado Greek yogurt dip (1 cup Greek yogurt, 1 diced avocado, half a juiced lemon, salt, pepper, cumin to taste)

Asian-style wrap:

- Julienned carrots
- Purple cabbage
- Shredded lettuce
- Cilantro
- Thai peanut sauce (combine 1 tbsp peanut butter, 2 tbsp sesame oil, 2 tbsp soy sauce, 1 tbsp brown sugar, and add sesame seeds and crushed peanuts to taste)