



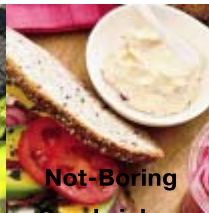
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6:03 PM

NUTRITION (/FLASH/NUTRITION/)
By Paige DePaolis (/author/paige-depaolis-web-editorial-assistant/)

Slimming Superfood Recipe: Artichoke-and-Beef Lettuce Wraps



It may come as a shock, but fruit and veggies aren't the *only* good-for-you food options. One surprising superfood to add to your repertoire: beef (<http://www.self.com/body/food/2010/03/20-superfoods-slideshow/3>). Paired here with plenty of fresh and crunchy ingredients like chickpeas, cucumbers and lettuce, you've got a meal that not only tastes delish but actually feels it, too.

Artichoke-and-Beef Lettuce Wraps

INGREDIENTS

- 1 can (13 oz) artichoke hearts, rinsed and thinly sliced
- 1/2 pound deli roast beef, sliced into thin strips
- 1 small zucchini, thinly sliced
- 1 cup chickpeas, rinsed and drained
- 1/4 cup reduced-fat grated Parmesan
- 1/4 cup packed fresh basil
- 2 tablespoons capers, chopped
- 1/4 cup fresh lemon juice
- 1 teaspoon olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 16 lettuce leaves (such as butter or romaine)

DIRECTIONS

Place artichokes, beef, zucchini, chickpeas, Parmesan, basil, capers, lemon juice and oil in a bowl; add salt and pepper. Toss to coat. Wrap 1/4 cup of filling in each

lettuce leaf and serve.

THE SKINNY: 280 calories per 4 wraps 9.5 g fat (3 g saturated), 25.6 g carbs, 5.2 g fiber, 23.4 g protein

Image Credit: Sang An

Dunkin Donuts Adds Almond Milk to the Menu

(<http://www.self.com/flash/news/2014/09/dunkin-donuts-adds-almond-milk-menu/>)