

# Healthy Eating 101

Chef Megan

## Local Berry Salad Lettuce Wraps

8-12 butter/Bibb lettuce leaves

1 cup sliced strawberries

1 cup blackberries

1 cup blueberries

1 cup red seedless grapes halved

MCMULLAN FAMILY FARM

GREEN OLA ACRES

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Yogurt Sauce:

1 cup Greek yogurt

1 tablespoon roasted walnut or pecan oil

1 tablespoon local honey

1 tablespoon lemon juice

1 tablespoon specialty vinegar

Zest from one lemon

1 cup pecans, toasted

DANCES WITH BEES

PIEDMONT PROVISIONS

PURPOSEFUL PECANS

Add fruit to a large bowl.

In smaller mixing bowl, whisk together yogurt, roasted walnut oil, honey, lemon juice, vinegar and lemon zest until smooth. Add mixture to fruit and gently fold together until well combined. Spoon desired amount of filling into lettuce leaves and sprinkle with toasted nuts. Best if served immediately.

**Recipe by Healthy Eating 101 Chef Megan McCarthy**



Peachtree Road Farmers Market notes: Today we're making some small adjustments to this recipe by using CASHEW BUTTER from GEORGIA GRINDERS and LEMON FIG FRESCA from DAYSPRING DAIRY.



@ChefMegan101



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