

# Spa Foods

*A tasty, healthy alternative....low in fat, low in calories*

## Citrus Bean Salad

*Calories per serving: 146, Calories from fat: 7*

A trio of beans (black beans, red kidney beans, chick peas) tossed in citrus vinaigrette with mandarin oranges.

## Fruit Plate with Maple Vanilla Yogurt

*Calories per serving: 172, Calories from fat: 9*

Juicy watermelon, pineapple, cantaloupe, honey dew, and red seedless grapes served with a maple vanilla dipping yogurt.

## Turkey Wrap with Honeyed Apple Cabbage

*Calories per serving: 455, Calories from fat: 99*

Sliced granny smith apples marinated in honey vinaigrette, tossed with shredded cabbage and wrapped in a wheat wrap with thinly sliced, slow roasted turkey breast.

## Fruity Tuna Wrap

*Calories per serving: 454, Calories from fat: 94*

Lemon curried tuna in a wheat wrap with red grapes, sliced almonds, and dried cranberries.

## Thai Vegetable Rice Wrap with Ginger Lime Dipping Sauce

*Calories per serving: 190, Calories from fat: 2*

Rice noodles blended with shredded cabbage, carrots, cucumbers, cilantro, and mint. Wrapped in a spring roll wrapper and served with a ginger lime dipping sauce.

## Ranch Garden Wrap

*Calories per serving: 381, Calories from fat: 100*

Shredded carrots, diced tomatoes, sliced cucumbers, romaine lettuce and a variety of sprouts wrapped in a spinach wrap with a creamy ranch dressing.

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*Designed and created just for you  
by the University of Connecticut  
Department of Dining Services*

Offered exclusively in the UC Cafes - Bookworm's, Chem, Lu's, Up & Atom, Wilbur



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