

# Handheld Meals

Quick and easy, Handheld Meals are perfect meals on the go. Start with a whole-grain or lettuce base. Then layer on the protein of your choice. Next, add texture and color with raw, pickled, or cooked vegetables. Finally, complete your Handheld Meal with flavorful condiments and toppings.

## 4 Condiments and Toppings



Dijon mustard



Yogurt sauce



Fresh herbs



Pickles



Sriracha



Pesto



Lemon



Chutney



Olives



Kimchi



Greek yogurt

## 3 Vegetables: 1-2 handfuls



Cooked vegetables



Tomatoes



Cucumbers



Raw spinach



Leaf lettuce



Sliced onions



Pickled onions



Shredded carrots

Sliced radish



Cucumber tomato salad



## 2 Protein: 1 serving



Marinated chicken



Canned tuna



Beans



Eggs



Plant-based burger

Salmon



Cheese



Hummus



Tofu



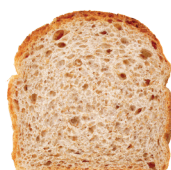
Shredded chicken

## 1 Base: 1-2 pieces

Corn tortilla



Whole wheat wrap



Sliced bread



Lettuce leaf



Flatbread



Baguette

## Ingredients for Life

# Foundations of Flavor

Taste is only part of the experience we call flavor. Aroma and mouthfeel also play key roles. When preparing food, keep these 4 Foundations of Flavor in mind to ensure your food is well-balanced and flavorful.



**Salt**

### Sources of salt

- **Kosher salt, finishing salts**
- **Soy sauce**
- **Brined:** Olives, capers
- **Cheeses:** Feta, Parmesan



**Fat**

### Sources of fat

- **Oils:** Olive, sesame, canola, avocado
- **Protein:** Dark meat poultry, fatty fish
- **Dairy:** Whole milk or reduced-fat milk, yogurt, cheese



**Acid**

### Sources of acid

- **Citrus:** Lemon, lime, orange, grapefruit
- **Vinegar:** Rice, balsamic, apple cider, white wine, red wine
- **Fermented dairy:** Greek yogurt, hard cheeses such as Parmesan



**Temperature**

- **Slow and low heat** = tender and moist
- **Fast and high heat** = crisp, golden brown crusts
- **Cold or raw foods** provide contrast in a meal and create a cooling effect alongside **hot or spicy foods**.

Recipes, generally, can be looked at as road maps or guides. Feel free to get creative and go off-course. Think about your own flavor preferences. What could you change—add, remove, increase, or decrease—to these handheld meals to better fit your flavor preferences?

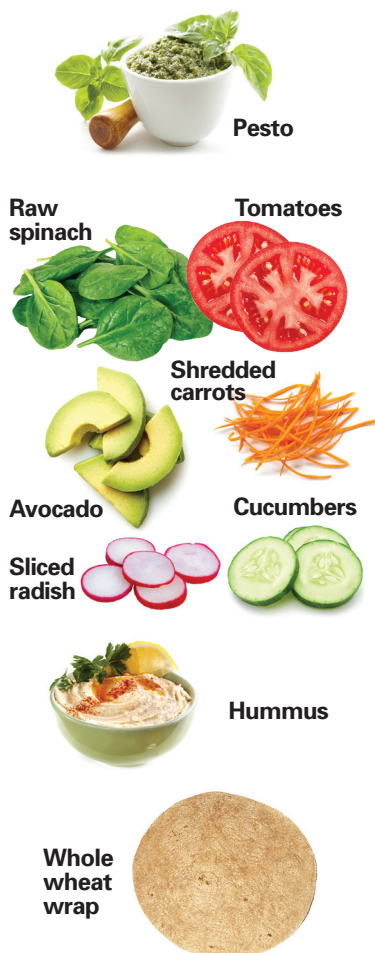
**4**  
Condiments  
and Toppings

**3**  
Vegetables  
1-2 handfuls

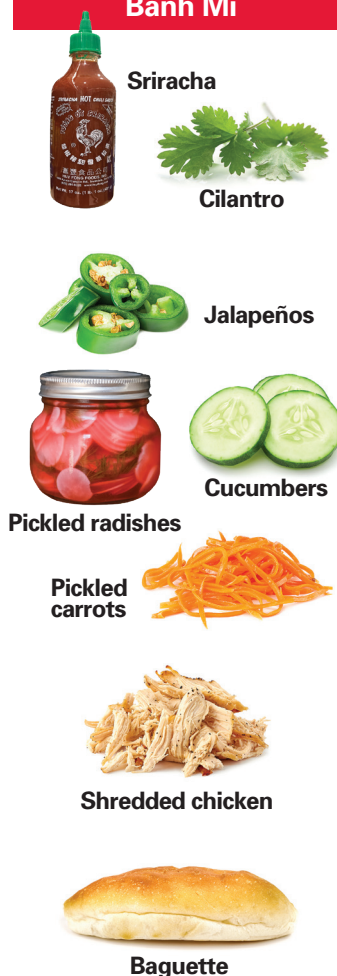
**2**  
Protein  
1 serving

**1**  
Base  
1-2 pieces

### Taste the Rainbow Wrap



### Banh Mi



### Chicken Shawarma

