

Smart ways to live well

MARCH 2009

Prevention

FAST IDEAS

Cook!

What's your favorite Healthy Sandwich?

“I Wrap It Up” Fill a wrap with thinly sliced grilled chipotle-flavored chicken plus shredded lettuce, julienned carrot, spicy mango salsa, mint, and julienned cucumber. I like to lightly grill the tortilla or wrap before rolling up all the ingredients. Spicy, crunchy, delicious! —**Michael Schlow, executive chef and co-owner of Radius and Via Matta in Boston**