

# Sweet Red Pepper

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## **SWEET RED PEPPER WRAP**

Makes 4 wraps

### **INGREDIENTS**

- 1/4 red pepper
- 2 tablespoons ranch dip
- 4 turkey or ham deli meat slices

### **SUPPLIES**

- plates
- napkins

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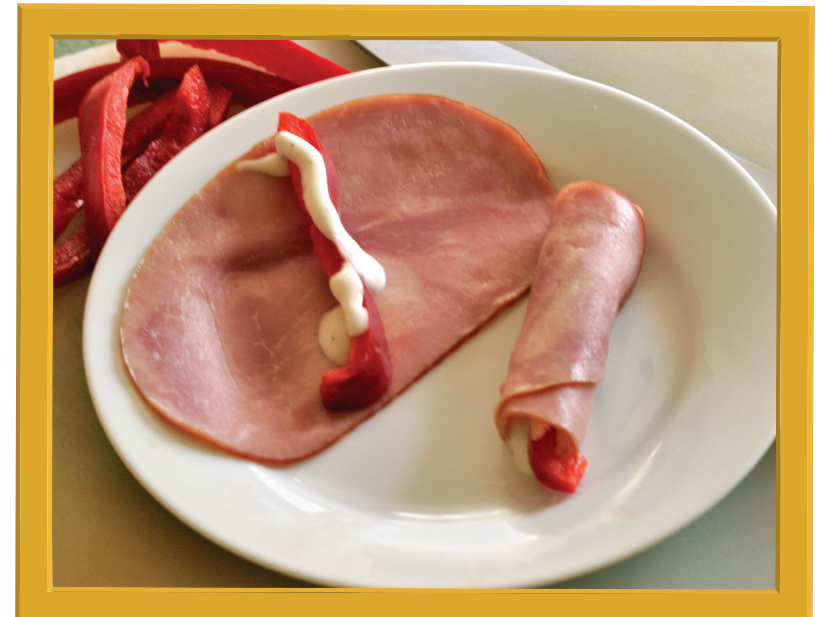
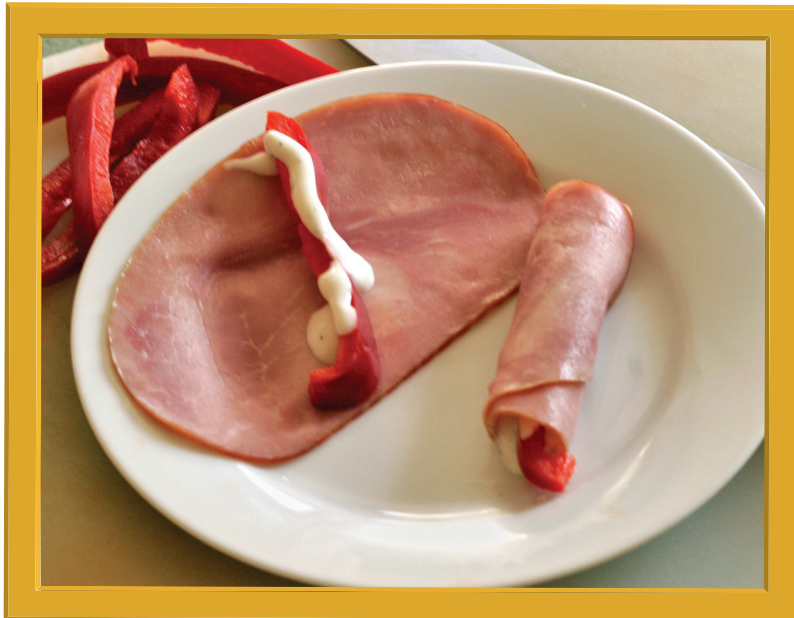
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## **NOTE TO GROWN-UPS**

Cut the red peppers into 1/4" wide strips. Show your child how to make the red pepper wrap by making your own first.

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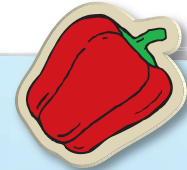
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## **DIRECTIONS**



1. Invite your child to wash their hands and join you for a cooking activity.
2. Give your child a small plate to work on.
3. Have your child place a slice of ham or turkey on their plate.
4. Place a strip of red pepper down the middle of the ham/turkey slice.
5. Top with a little ranch dressing the length of the red pepper.
6. Roll the ham/turkey slice around the red pepper slice.
7. Eat with gusto!

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