

Provided by OhioHealth

The Recipe Corner

Satisfying & Sustainable Nutrition

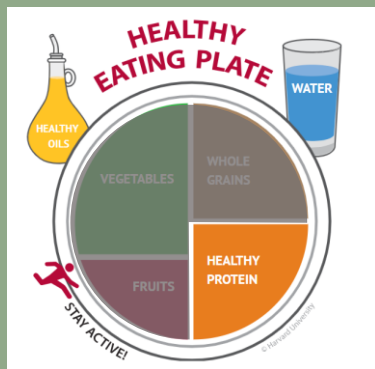
Macros Series: Understanding Protein

What is protein?

[Protein](#) is a vital macronutrient that provides 4 calories per gram and keeps our bones & tissues healthy. Almost every bodily process requires protein!

What's the best source of protein?

Our [best sources](#) are “complete” proteins, meaning they contain all 9 essential amino acids or protein building blocks that our body can't make itself. Animal products like meat, eggs, and dairy are complete proteins but we also have complete proteins from plants like quinoa or soy. With other “incomplete” plant proteins like rice and beans, or nuts and seeds, combining these together will help us get all the amino acids we need.



How much protein do we need?

The average adult needs at least 0.8g/kg (or 0.36g/lb) of body weight. This means for someone who is 150 pounds, they'd need around 55g of protein/day. Without calculations, the average adult should aim for roughly 5 to 6.5 ounce equivalents of protein each day. One serving of meat the size of a deck of cards is about a 3 ounce-serving. You can learn more about protein portion sizes at Eatright.org.

Check out the [Chicken Caesar Wrap](#) recipe on page 2 for a protein-packed lunch option.

Chat with Maddie

If you have any questions you'd like answered in future Recipe Corners, scan the QR code and submit your questions.



Maddie Bidwell, RD, LD
Wellness Consultant
maddie.bidwell@ohiohealth.com
614-566-0183



Chicken Caesar Wraps

Adapted from: <https://allthehealthythings.com/chicken-caesar-wrap/>

Servings: 4

Ingredients:

- 1 lb boneless, skinless chicken breasts
- 1/4 t salt
- 1 t garlic powder
- 1 t onion powder
- Pinch of ground pepper
- 1-2 T olive oil
- 1 cup kale, chopped
- 2 cups lettuce, chopped
- 1/3 cup roasted red peppers, chopped
- 1/3 cup grilled artichoke hearts, chopped
- 1/3 cup red onion, sliced
- 1 avocado, diced
- ½ cup fat-free Caesar dressing
- 1/3 cup grated parmesan
- 4 burrito-sized tortillas

Directions:

1. Cut chicken in half lengthwise and season with salt, pepper, garlic powder, and onion powder.
2. Heat skillet on medium-high heat, drizzle with olive oil and add chicken, cooking on each side for 5 minutes or until chicken reaches 165F internally.
3. After letting chicken rest, dice and add to a bowl with the kale, romaine, avocado, red peppers, artichoke hearts, Caesar dressing, red onion and parmesan; mix well.
4. Divide the filling between each tortilla and roll tightly.

Nutrition Facts:

Nutrition per 1 serving

Calories: 491kcal
Total carbs: 47g
Fiber: 7g
Protein: 34g
Total fat: 17g
Saturated fat: 3g

A Note from the Dietitian:

“Add whatever veggies you like best.

Cucumber, carrots, or zucchini could all add a delicious crunch to these wraps! These wraps can alternatively be eaten as a salad.”