

Chicken Wraps

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|----------|-------------------------------------|------------|--|
| 1/2 cup | mayonnaise (reduced calorie) | 2 cups | chicken (Rotisserie or grilled) |
| 2 tsp | lime juice | 6 | tortilla flour |
| 1/2 cup | scallions or Green Onions (chopped) | 6 spears | romaine |
| 1/2 tsp | ground cumin | 1/2 cup | fresh cilantro chopped |
| 1/3 cup | Salsa | 1/2 cup | black olives |
| 2 dashes | Tabasco (optional) | 1 1/2 cups | cheese (fat-free) (Mexican blend) (shredded) |

Procedure

1. Combine the first 6 ingredients in a food processor and blend until creamy. 2. In a medium size bowl stir together the shredded chicken with the mayonnaise mixture. 3. Next is to assemble the wrap, place a romaine spear on each of the flour tortillas. 4. Place about 1/2 cup of the chicken mixture on the romaine spear. Sprinkle on top, the cilantro, black olives and cheddar cheese. 5. Fold one side of the tortilla up and over to seal the bottom of the wrap. Roll tightly from the edge until you have created a closed burrito shape.

Servings: 6

Yield: 1

Degree of Difficulty: Very easy

Preparation Time: 15 minutes

Total Time: 15 minutes

Nutrition Facts

Serving size: 1/6 of a recipe (6.9 ounces).

Percent daily values based on the Reference Daily Intake (RDI) for a 1500 calorie diet.

Nutrition information calculated from recipe ingredients.

Amount Per Serving	
Calories	273.96
Calories From Fat (24%)	65.38
% Daily Value	
Total Fat 7.2g	15%
Saturated Fat 2.45g	16%
Cholesterol 52.98mg	24%
Sodium 577.39mg	32%
Potassium 372.7mg	14%
Total Carbohydrates 21.34g	9%
Fiber 2.16g	12%
Protein 29.68g	79%

Recipe Type

Poultry

This recipe was downloaded (free) from www.recipesworld.org.

Feel free to pass it around to your friends.