**Tropical Chicken Salad Wrap**

4 servings

1 (10 oz) can Premium Light Chunk Chicken in water or
2 boneless, skinless chicken breasts, cooked and chopped
1 (8 oz) can pineapple tidbits in juice, drained
1 (10 oz) can mandarin oranges in juice or light syrup, drained & chopped
1 large celery stalk, chopped coarsely
¼ medium red onion, chopped
3 Tbsp light mayo
1/8 tsp ground ginger or curry powder (optional)
4 (6-inch) whole wheat tortillas
1 cup dark green lettuce (like Romaine) or fresh spinach leaves

1) In a medium bowl, mix together chicken, pineapple, mandarin oranges, celery, onion and mayo. (Add spices if desired).
2) Place a tortilla on a plate. Put ¼ cup lettuce in the center of the tortilla.
3) Spoon ¼ of the chicken salad mixture down the center of the tortilla.
4) Roll up and enjoy!

**Nutrition Facts**, per serving: 300 calories, 6g total fat, 0g saturated fat, 30mg cholesterol, 470mg sodium, 38g carbohydrate, 3g dietary fiber, 21g protein

**Good source** of Vitamin C and Dietary Fiber

**Cooking Tip:** This chicken salad is also good served in a wheat pita bread half or over a bed of spring greens.

**Nutrition Note:** Eating fruit provides health benefits — people who eat more fruits and vegetables as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases such as stroke, type 2 diabetes, high blood pressure and certain cancers and they maintain healthier body weights. Fruits provide a powerhouse of nutrients with few calories, fat or sodium. Adult should try to consume 2 cups of fruit daily.