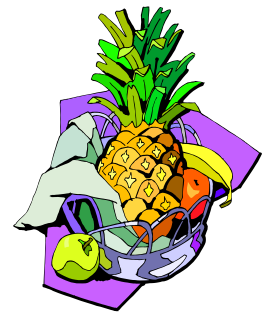


Tropical Chicken Salad Wrap

4 servings

Estimated cost per serving: \$1.75

- 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
- $\frac{1}{4}$ medium red onion, chopped
- 3 Tbsp light mayo
- $\frac{1}{8}$ 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 $\frac{1}{4}$ cup lettuce in the center of the tortilla.
- 3) Spoon $\frac{1}{4}$ 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

Pyramid Servings: 1 oz. grains, 1 cups fruit, 2 oz. meat & beans

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. See www.mypyramid.gov for buying & serving tips.



Questions or comments???

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