CHICKEN & FRUIT WRAPS

SERVES 4

Preparation time: 15 minutes

INGREDIENTS

1 10-ounce can of chicken
2 stalks celery, chopped
1/4 cup chopped green, red, or sweet onion
1/2 cup dried fruit (cranberries, raisins, or cherries)
1/2 cup grapes, halved
1/4 cup chopped nuts (walnuts, almonds, or sunflower seeds)
2 tablespoons plain yogurt (or mayonnaise)
1 tablespoon honey mustard
4 6-inch whole grain tortillas
1 cup shredded Romaine or leaf lettuce

DIRECTIONS

1. Mix the chicken, celery, onion, dried fruit, grapes, nuts, yogurt and honey mustard.
2. Place 1/2 cup of chicken mixture on each tortilla.
3. Add small amount of shredded lettuce.
4. Wrap and enjoy!

SNAP

Preparation time: 15 minutes
SERVES 4

VARIATIONS AND TIPS

• USE LEFTOVER OR CANNED CHICKEN instead of cooking a chicken breast.
• CANNED CHICKEN, DRIED FRUIT AND WALNUTS are often available at food shelves or commodity programs.

NUTRITION FACTS

Serving Size ¼ of recipe
Calories 316
Fat 10.87g
Saturated Fat 1.8g
Cholesterol 37.96mg
Sodium 525.58mg
Total Carbohydrates 40.2g
Fiber 3.38g
Sugar 17.69g
Protein 18.06g

(Revised 8/2014)