VEGETABLE CHICKEN ROLLUPS

SERVES 5

INGREDIENTS

3 cans chicken
1/2 cup chopped celery
1/2 chopped apple
1 cup diced vegetables (broccoli, peppers, spinach, etc.)
1/2 cup low fat mayonnaise
5 tortillas

DIRECTIONS

1. Wash all vegetables before chopping.
2. Drain chicken.
3. Mix all ingredients together.
4. Place 1/4 cup of mixture on each tortilla, spread and roll up.

NUTRITION INFORMATION:

Calories 274
Total Fat 11.4 g
Saturated Fat 1.7 g
Cholesterol 73 mg
Carbohydrate 15.4 g Dietary Fiber 2.7 g
Protein 22.4 g
Sodium 304 mg
Vitamin A 4%
Calcium 4%
Vitamin C 28%
Iron 7%

FOR MORE INFORMATION ABOUT SNAP-ED, VISIT OUR WEBSITE AT www.extension.umn.edu/nutrition (revised 9/14)