



Recipes

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Savory Apple Chicken Wrap

Serves 1

Ingredients:

1 each 10" Whole Grain Flour Tortilla (24863)
1.5 Tbsp. Balsamic Glaze , commercially prepared
1 cup vol. Arugula Leaves
4 each Apples , Granny Smith , sliced Wedges
3 oz. Portion , sliced or pulled Chicken Breast , Roasted
or Grilled

Directions:

1. Steam or heat whole wheat wrap for maximum flexibility.
2. Spread balsamic glaze evenly over entire tortilla.
3. Layer arugula leaves, apples and sliced or pulled chicken in center of wrap.
4. Bring left and right sides towards the center and roll to close.