



## Recipes

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### Chicken Salad Wrap

Prep Time: 15 Minutes

Cooking Time: 20 Minutes

Serves 12

#### Ingredients:

12 each 8" Smart Hearty Grains Tortilla (47087)

1 lb. Chicken , raw

Non -Stick Spray , as needed

Black Pepper , as needed

Kosher Salt , as needed

1 1/2 cups Celery , diced

3/4 cup Red Onion , diced

1 cup Grapes , purple , diced

1 cup Granny Smith Apples , diced

3/4 cup Greek Yogurt , 0% fat , plain

3/8 tsp. Paprika

1/8 tsp. Garlic Powder

1/8 tsp. Black Pepper

1 Tbsp. Lemon Juice

Salt , to taste

6 oz. Romaine Lettuce , shredded

#### Directions:

1. Pre-heat convection oven to 350°F.
2. Place raw chicken on a parchment lined half sheet tray. Spray with nonstick spray and sprinkle with salt and pepper, if desired. Bake chicken for 20-25 minutes, or until internal temperature of 165°F is reached. Remove from oven and cool.
3. Meanwhile, in a large bowl, combine celery, onion, grapes, apples, yogurt and seasonings. Reserve refrigerated.
4. Once chicken has cooled, shred into bite sizes pieces. Combine shredded chicken with yogurt mixture. Mix well to combine.
5. To build each wrap: place 0.5 oz. Romaine lettuce in center of each tortilla. Top with 3.5 oz (1/2 cup) chicken salad. Fold one end towards middle, and roll, leaving one end open. Serve.
6. To help meet Kids LiveWell criteria, serve with 1/2 cup cherry tomatoes marinated in olive oil vinaigrette and topped with basil chiffonade, and 8.0 fl. oz. skim milk.