

Mango Chicken Wraps



Preparation Time *10 minutes*

Yields *4 servings*

Ingredients

Light Mayonnaise ¼ cup (50mL)

Mango Chutney ¼ cup (50mL)

Multigrain Tortillas 4 x 25cm (4 x 10-inch)

Cooked Chicken, cut into strips 8oz (250g)

Mango, sliced 1

Red Bell Pepper, julienned 1

Loosely packed spring mix 4 cups (1 liter)

Preparation

1. In a small bowl, combine mayonnaise and chutney.
2. Spread 2 tbsp (25 mL) of the mayonnaise mixture on each tortilla. On the bottom third of each tortilla, place one-quarter of each of the chicken strips, mango slices, red bell pepper and spring mix.
3. Fold the 2 sides, then fold the bottom of the wrap up over the filling and roll until tight.

Dietitian's Tip: This is a great recipe for using up leftover cooked chicken or a quick lunch or dinner fix if you buy a cooked rotisserie chicken on the way home from work. When buying tortillas, look at the nutrition facts label and make sure it's got a minimum of 3grams of fiber per wrap (4 is even better)!

Recipe adapted from Dietitians of Canada from Simply Great Food, published by Robert Rose Inc, 2007 <http://www.dietitians.ca/eatwell>

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