



Chicken Snap Wrap

Prep time: 20 minutes

Makes: 12 servings

Ingredients:

1 rotisserie chicken breast, skin and visible fat removed, deboned and meat chopped.
1 head of lettuce
2 large, fresh tomatoes, seeded and chopped
1 package (approx. 2 cups) shredded carrots
1 cup shredded low fat cheddar or Monterey jack cheese
12- 8" whole wheat tortillas
1 bottle fat free dressing

Directions:

1. Warm tortilla in oven, skillet or microwave (wrapped in moist paper towel) but do not allow to brown.
2. Divide the chicken, lettuce, chopped tomatoes, shredded carrots and cheese equally among the tortillas.
3. Top each tortilla with 2 tablespoons of dressing.
4. To eat, either fold in half like a taco or roll into a wrap



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Key Nutrients	Amount	% Daily Value
Total Calories	250	
Total Fat	4.5g	7%
Protein	12g	
Carbohydrates	37g	12%
Dietary Fiber	4g	16%
Saturated Fat	0.5g	1%
Sodium	580MG	24%



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