Crunchy Hawaiian Chicken Wrap

Nutrition Information Per Serving (Serving Size: 1 wrap):

Calories: 335, Total Fat: 8g, Saturated Fat: 3 grams, Sodium: 351mg,
Carbohydrate: 38g, Fiber: 7g, Sugar: 13g, Protein: 29g

Serves 6

Ingredients:

Wrap:
- 6 whole wheat tortillas (10-inch)
- 3 cups cooked chicken, diced
- 1 cup fresh baby spinach
- 1/2 cup canned crushed pineapple in 100% juice, drained
- 1 1/2 cups shredded carrots
- 2 cups cole slaw mix

Dressing:
- 1/4 cup plain Greek yogurt
- 2 tablespoons honey
- 1/8 cup white vinegar
- 1 teaspoon poppy seeds
- 1 1/2 teaspoons garlic powder
- 1 1/2 teaspoons onion powder
- 1 1/2 teaspoons chili powder

Directions:

1. In a small mixing bowl, combine all dressing ingredients and mix well. Add chicken to dressing.
2. Combine spinach, crushed pineapple, shredded carrots, and cole slaw mix in a large bowl.
3. Place vegetable mixture in tortilla. Top with chicken and drizzle with about 1 teaspoon of extra dressing.
   Roll wrap in the form of a burrito.

**Note: Assemble wraps immediately before serving. Chicken/dressing mixture and vegetable mixture can be stored separately in the refrigerator for up to one week.

Source: Adapted from USDA’s Crunchy Hawaiian Chicken Wrap Recipe (http://whatscooking.fns.usda.gov/recipes/child-nutrition-cnp/crunchy-hawaiian-chicken-wrap)