

Wrap It Up

Makes: 2 Servings

“One day I was very hungry after my soccer practice so I was inspired to create a nutritious chicken meal that was easy to prepare,” says Felix. “I decided to make this dish as a wrap because I was thinking about the fun times when my dad wrapped me up as a burrito with a blanket when I was a small child. This recipe is versatile because I can change the chicken for fish, or just make it a salad not using the tortilla. This plate goes perfectly with a nonfat Greek yogurt with berries.”

Ingredients

For the Chicken:

- 4 ounces** skinless, boneless chicken breast, thinly sliced
- pinch** salt and pepper
- pinch** garlic powder
- pinch** dried cilantro or parsley
- 1 teaspoon** olive oil
- 1/4 cup** peeled and minced onions
- 1/4 cup** minced red and green bell peppers
- 2** high-fiber tortillas

For the Salad:

- 1 cup** romaine lettuce
- 1/4 cup** minced tomatoes
- 1/4 cup** corn
- 1 tablespoon** sliced almonds
- 1 tablespoon** sweetened dried cranberries
- 1 tablespoon** low-fat feta cheese or low-fat mozzarella-cheddar cheese blend
- 1 teaspoon** of cranberry-almond vinaigrette

Directions

1. **To make the Chicken:** Place the chicken in a large bowl,

Nutrition Information

| Key Nutrients | Amount | % Daily Value |
|----------------|--------|---------------|
| Total Calories | 427 | |
| Total Fat | 17 g | 26% |
| Protein | 27 g | |
| Carbohydrates | 44 g | 15% |
| Dietary Fiber | 4 g | 16% |
| Saturated Fat | 3 g | 14% |
| Sodium | 738 mg | 32% |

*Percent Daily Values are based on a 2,000 calorie diet.

MyPlate Food Groups

| | |
|---------------|--------------|
| Vegetables | 3/4 cup |
| Grains | 2 ounces |
| Protein Foods | 2 1/2 ounces |

and season with salt, pepper, garlic powder, and cilantro. In a large sauté pan, heat the olive oil over medium heat. Add the onions and red and green bell peppers and sauté for about 5 minutes. Add the chicken and sauté for 10 minutes, or until light brown and cooked through.

2. **To make the Salad:** In a medium bowl, mix the lettuce, tomatoes, corn, almonds, cranberries, cheese, and vinaigrette. Warm the tortillas in the microwave or heat them in a pan. Put half of the salad mix and chicken in each tortilla. “Wrap it up” and enjoy. For a “berry” happy ending, serve a small cup of yogurt with berries!

The 2015 Healthy Lunchtime Challenge Cookbook