

# Green Chicken Wrap and Fruit-tacular Salad

**Makes:** 6 Servings

"I love cooking and I love my vegetables. Avocado and spinach are two of my favorites and they are also good for your body," says Lael. "I have been making this recipe for a while but made it a bit more green. Some of the veggies and fruits were purchased at my local farmers market, along with the honey. I am the daughter of an Air Force member and Air Force veteran. Cooking is one of my many passions."

## Ingredients

For the Green Chicken Wraps:

- 2 cups** shredded chicken
- 1** large avocado, peeled, pitted, and thinly sliced
- 1/4 cup** fresh spinach, chopped
- 1/8 cup** cilantro, chopped
- 1/8 cup** chopped onion
- 1/4 cup** low-fat mayonnaise
- 1/2 teaspoon** garlic powder
- Salt and pepper (optional)
- 6** 10-inch whole-grain tortillas

For the Fruit-tacular Salad (not pictured):

- 2** apples, peeled, cored, and diced
- 1** banana, peeled and diced
- 1** kiwi, peeled and diced
- 2** tangerines, peeled and separated
- 1/2 cup** diced strawberries
- 2 tablespoons** honey
- 2 tablespoons** fresh lemon juice



## Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>452</b>
<b>Total Fat</b>	<b>15 g</b>
Saturated Fat	5 g
Cholesterol	45 mg
<b>Sodium</b>	<b>662 mg</b>
<b>Total Carbohydrate</b>	<b>59 g</b>
Dietary Fiber	11 g
Total Sugars	20 g
Added Sugars included	6 g

## Directions

1. **To make the Green Chicken Wrap:** In a large salad bowl, combine all of the ingredients together except the wraps. Place in the refrigerator for 15 minutes to chill. Once the mixture is chilled, serve with the whole-grain tortillas.

2. **To make the Fruit--tacular Salad:** In a large salad bowl, combine all of the fruit, stir in the honey and lemon juice, and combine thoroughly.

The 2016 Healthy Lunchtime Challenge Cookbook