

Go Local Lunch!

Makes: 8 Servings

“Miranda works hard helping in our garden and raising our chickens,” says Miranda’s mom, Genevieve. “Last summer we would make entire meals using only foods that we grew or raised ourselves. She came up with this recipe because it includes some of her very favorite foods—our own chicken, apples, maple syrup, and veggies that we can usually find in our own garden or the farmer’s market. She’s been making wraps for a while now and cooks often with both me and her grandmother. She even has her own cookbook with all of the recipes she’s learned to make by herself.”

Ingredients

For Maple Veggies:

- 1 tablespoon** olive oil
- 1/4 teaspoon** salt
- 3 cups** carrots, peeled and chopped
- 4 cups** cubed butternut squash
- 1 tablespoon** butter
- 2 tablespoons** maple syrup

For Chicken Salad:

- 1 tablespoon** olive oil
- 1 pound** skinless boneless chicken breast
- 3** celery stalks, finely chopped
- 3** green onions, peeled and finely chopped
- 1** Fuji apple, peeled, cored, and cut into thin strips
- 1/3 cup** raisins
- 1/2 cup** nonfat plain Greek yogurt
- 1/4 cup** mayonnaise
- 1/4 cup** unfiltered apple cider vinegar
- 1 teaspoon** curry powder
- Pinch of salt

For Wraps:

- 8** whole-wheat tortillas
- 2 cups** fresh spinach
- 1/2 cup** low-fat sharp cheddar cheese, shredded



Nutrition Information

Nutrients	Amount
Calories	361
Total Fat	13 g
Saturated Fat	4 g
Cholesterol	41 mg
Sodium	453 mg
Total Carbohydrate	41 g
Dietary Fiber	7 g
Total Sugars	14 g
Added Sugars included	4 g
Protein	21 g
Vitamin D	N/A
Calcium	214 mg

Directions

- 1. To make Maple Veggies:** Preheat the oven to 375°F. Spread all ingredients on large silicone baking mats or a large nonstick baking pan greased with nonstick cooking spray or oil and bake for 30 minutes, stirring occasionally, or until soft.
- 2. To make the Chicken Salad:** In a large nonstick skillet, warm the olive oil over moderate heat and add the chicken. Cook for 6 minutes, turn, and cook for additional 7 minutes or until golden brown. Let cool for 5 minutes, then shred. In a large mixing bowl, combine celery, onions, apple, and raisins. In a small bowl, whisk together remaining ingredients. Add $\frac{3}{4}$ of dressing to chicken salad, saving the rest for people to add to wraps as desired. Top each wrap with spinach, chicken, and cheese, and fold. Serve Maple Veggies as a yummy side dish!

The 2016 Healthy Lunchtime Challenge Cookbook