

Asian Mango and Chicken Wraps

Prep time: 30 minutes

Makes: 4 Servings

Sweet and juicy ripe mangos are the perfect balance for the savory ingredients in this Asian wrap. Dinner's ready in 30 minutes, or make ahead for a tasty portable lunch.

Ingredients

- 2 ripe mangos (peeled, pitted, and diced)
- 1 1/2 cups chopped roasted chicken breast
- 2 green onions (sliced)
- 2 tablespoons fresh basil (chopped)
- 1/2 red bell pepper (chopped)
- 1 1/2 cups shredded Savoy or Napa cabbage
- 2 medium carrots (grated)
- 1/3 cup fat-free cream cheese
- 3 tablespoons natural creamy peanut butter (unsalted)
- 2 teaspoons low-sodium soy sauce
- 4 whole-wheat tortillas (8")

Directions

1. Cut mangos, vegetables, and chicken. Place in a mixing bowl and toss until well mixed.
2. In a small mixing bowl, whisk together cream cheese, peanut butter, and soy sauce.
3. To assemble: lay out tortillas on a flat surface. On each tortilla, spread 1/4 of cream cheese mixture and top with mango, vegetable, and chicken mix. Roll up tightly, tucking in ends of tortilla. Secure with toothpicks.



Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	440	
Total Fat	12 g	18%
Protein	29 g	
Carbohydrates	57 g	19%
Dietary Fiber	9 g	36%
Saturated Fat	2.5 g	13%
Sodium	570 mg	24%

MyPlate Food Groups

Fruits	1 cup
Vegetables	3/4 cup
Grains	1 1/2 ounces
Protein Foods	2 1/2 ounces

4. To serve, cut each wrap in half.
5. If not serving immediately, refrigerate; keeps well overnight.

Notes

Serving Suggestions: Serve with an 8 oz glass of non-fat milk.