

RECIPE

Asian Mango And Chicken Wraps

Start to Finish: 30 minutes Servings: 4

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 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

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



Nutrition Information Per Serving:

440 Calories; 12 g Total Fat; 2.5 g Saturated Fat; 0 g Monosaturated Fat; 50 mg Cholesterol; 9 g Fiber; 570 mg Sodium; 50 g Carbohydrates; 29 g Protein