



#MakeItGAP

RECIPES

CURRIED CHICKEN SALAD WRAPS

YIELD: 4

INGREDIENTS:

1/2 cup fat-free or low-fat mayonnaise dressing or salad dressing
1/2 tsp. curry powder
1/8 tsp. ground black pepper
2 cups chopped cooked chicken breast (*about 10 ounces*)
1/4 cup sliced green onions
4 romaine leaves or 8 fresh spinach leaves
4 (7 inch) whole wheat flour tortillas (*see tip for tortillas below*)
1 medium tomato, *chopped*

PREPARATION:

In a medium bowl, combine mayonnaise dressing, curry powder, and pepper. Stir in chicken and green onion. Cover and chill for 2 to 24 hours.

To assemble, place a romaine leaf or two spinach leaves on each tortilla. Top with chicken mixture and tomatoes. Roll up; cut in half to serve.

Tip: To warm tortillas, preheat oven to 350°F. Wrap tortillas tightly in foil. Bake about 10 minutes or until heated through.

Variation: Prepare as directed in step 1. To serve, cut a thin slice from the top of each of 4 large tomatoes. Using a spoon, scoop out center of each tomato, leaving a shell. Spoon about 1/2 cup of the chicken mixture into each tomato shell.

Recipe adapted from www.eatingwell.com