

Ingredients

- 1 cupcooked, diced chicken
- 1/2 cupfinely chopped celery2/3 cupcanned, drained mandarin
- oranges 1/4 cupminced onion (green, red, or yellow)
- 2 tablespoonsmayonnaise
- 1 teaspoonsoy sauce
- 1/4 teaspoongarlic powder or 2 cloves garlic
- 1/4 teaspoonpepper
- 1 large whole wheat tortilla
- 4 medium lettuce leaves, washed and patted dry

Directions

- 1. In medium bowl, mix chicken, celery, oranges, and onions.
- 2. Add mayonnaise, soy sauce, garlic, and pepper. Mix gently until chicken mixture is coated.
- 3. Lay tortilla on clean cutting board or large plate. With a knife or clean scissors, cut tortilla into four quarters.
- 4. Place 1 lettuce leaf on each tortilla quarter, trimming leaf so it doesn't hang over edge of tortilla.
- 5. Place 1/4 of chicken mixture in the middle of each lettuce leaf.
- 6. Roll tortillas up into a cone, with the two straight edges coming together and the curved edge creating the opening of the cone. Eat like a sandwich!
- 7. Refrigerate leftovers within 2 hours.

Notes

- No oranges? Use halved grapes or diced apples.
- Instead of chicken, try using 1 cup cooked/drained garbanzo beans, or 1 cup of small tofu cubes.

Serving Size 1 'wrap' Yield 4 Servings Prep time: 20 minutes



Nutri Serving Size Servings Per	1 'wrap'	(139g)	cts
Amount Per Ser			
	•	ories fror	- E-t E0
Calories 170	J Cal		
		% D	aily Value*
Total Fat 6g			9%
Saturated Fat 1.5g			8%
Trans Fat	0g		
Cholesterol 25mg			8%
Sodium 550mg			23%
Total Carbo	hydrate	18g	6%
Dietary Fiber 2g			8%
Sugars 4g	1		
Protein 13g			
Vitamin A 10	% ·	Vitamin (C 20%
Calcium 6%	•	Iron 10%)
*Percent Daily Va diet. Your daily va depending on yo	alues may b	e higher or	000 calorie lower 2,500
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber	Less than Less than Less than Less than ate	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g
Calories per grar Fat 9 • 0	n: Carbohydrat	e 4 • Prot	ein 4

© 2014 Oregon State University. This material was funded in part by the Supplemental Nutrition Assistance Program of USDA. OSU Extension Service and USDA are equal opportunity providers and employers. SNAP puts healthy food within reach - call Oregon SafeNet at 1-800-723-3638. In accordance with Federal law and U.S. Department o Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability.