Asian Mango and Chicken Wraps

Serving Size: 1 wrap
Yield: 4 servings

Ingredients:

2 ripe mangos, peeled, pitted, and diced
1½ cups chopped roasted chicken breast
2 green onions, sliced
2 tbsp fresh basil, chopped
½ red bell pepper, chopped
1½ cups shredded Savoy or Napa cabbage
2 medium carrots, grated
1/3 cup fat-free cream cheese
3 tbsp natural creamy peanut butter, unsalted
2 tsp 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 ¼ 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 Facts: Calories, 440; Calories from fat, 110; Total fat, 12g; Saturated fat, 2.5g; Trans fat 0g; Cholesterol, 50mg; Sodium, 570mg; Total Carbohydrate, 57g; Fiber, 9g; Protein,29 g; Vit. A, 170%; Vit. C, 160%; Calcium, 25%; Iron, 15%.

Source: www.choosemyplate.gov

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