

NUTRITION PER SERVING:

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| CALORIES | 440 |
| PROTEIN | 29 G |
| CARBOHYDRATE | 57 G |
| TOTAL FAT | 12 G |

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| PREP TIME: | 30 MINUTES |
| COOK TIME: | 00 MINUTES |

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| YIELD: | 4 SERVINGS |
| SERVING SIZE: | 1 WRAP |

INGREDIENTS:

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| 2 | RIPE MANGOS (PEELED, PITTED, AND DICED) |
| 1½ C | CHOPPED ROASTED CHICKEN BREAST |
| 2 | GREEN ONIONS (SLICED) |
| 2 TBSP | FRESH BASIL (CHOPPED) |
| ½ | RED BELL PEPPER (CHOPPED) |
| 1½ C | SHREDDED SAVOY OR NAPA CABBAGE |
| 2 | MEDIUM CARROTS (GRATED) |
| 1/3 C | FAT-FREE CREAM CHEESE |
| 3 TBSP | NATURAL CREAMY PEANUT BUTTER (UNSALTED) |
| 2 TSP | LOW-SODIUM SOY SAUCE |
| 4 | WHOLE-WHEAT TORTILLAS (8") |



ASIAN MANGO CHICKEN WRAPS

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.

- 01 Cut mangos, vegetables, and chicken. Place in a mixing bowl and toss until well mixed.
- 02 In a small mixing bowl, whisk together cream cheese, peanut butter, and soy sauce.
- 03 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.
- 04 To serve, cut each wrap in half.
- 05 If not serving immediately, refrigerate; keeps well overnight.

