



Chipotle Chicken Wrap

Info:

Makes 4 Servings 425 Calories per Serving

LOW CAL **SPICY**

Ingredients:



- ❖ 8 Large (10") Low-Fat, Flour Tortillas (120 calories each)
- ❖ 16oz Chicken Chunks (Precooked and Packaged)
- ❖ 2 Tomatoes
- ❖ 2 Cups Baby Spinach Leaves
- ❖ ½ Cup Fat-Free Mayo
- ❖ 1 Small Can Chipotles in Adobo Sauce (Don't use whole can!)
- ❖ 1 Medium Green Bell Pepper, sliced into strips
- ❖ 1 Medium Yellow Onion, chopped

Preparation:



1. Chop chipotles (1 for milder or 3 for hot!) and mix with mayo
2. Dice tomatoes and drain
3. Sauté onion and green pepper over medium heat until browned and soft
4. In another pan heat the chicken over medium until warmed thoroughly
5. Spread chipotle mix on center of each tortilla
6. Add baby spinach, chicken, onions, green pepper and diced tomatoes
7. Roll and fold tortilla and enjoy!