

SRIRACHA CHICKEN SALAD WRAP

Makes 5 servings

INGREDIENTS

1/3 cup plain fat-free Greek yogurt
1-1/2 tsp. Sriracha hot sauce
1/2 tsp. granulated garlic
1 tsp. dry minced onion
1/2 tsp. canola oil
1-1/4 cup Asian Slaw (separate recipe)
10 oz. frozen, cooked diced chicken, thawed,
1/2" pieces
5 whole wheat tortillas

INSTRUCTIONS

1. Place yogurt in bowl and mix with Sriracha hot sauce, garlic, onion, and oil. Mix thoroughly.
2. Portion 1/2 cup slaw on to center of each tortilla. Then portion 2 oz. chicken on top of slaw.
3. Place 1 Tbsp. of yogurt mixture down center of chicken. Roll in the form of a burrito and seal.

NUTRITIONAL FACTS: PER SERVING

Calories: 263	Calcium: 88 mg
Total Fat: 6.30 g	Protein: 28 g
Saturated Fat: 1.17 g	Carbohydrates: 27 g
Cholesterol: 0.68 mg	Dietary Fiber: 5.12 g
Sodium: 550 mg	

