

CHICKEN AND CUCUMBER CAESAR WRAP

Makes 1 Sandwich

INGREDIENTS:

- One 1-inch piece of cucumber
- One 10-inch flour tortilla (preferably whole wheat)
- 2 slices roasted chicken (about 1½ ounces)
- 6 baby spinach leaves or 1 romaine lettuce leaf, washed, dried, and coarsely chopped (about ½ cup)
- 2 teaspoons creamy Caesar salad dressing
- 2 tablespoons shredded part-skim mozzarella cheese
- 6 seasoned croutons

DIRECTIONS:

1. Peel the cucumber, cut in half, remove the seeds and slice into ¼-inch-thick crescent moon shapes. Set aside.
2. Lay the flour tortilla on a work surface. Arrange the chicken, spinach leaves, cucumber, salad dressing, cheese, and croutons evenly down the center.
3. Roll up tightly burrito style, slice in half. Wrap in plastic wrap, or place in a zip-top bag.

Nutrition Information per Serving (1 sandwich):

310 calories, 12g fat (3g saturated), 550mg sodium, 29g carbohydrate, 3g fiber, 22g protein, 10% vitamin A, 15% calcium

Recipe created by Liz Weiss, MS, RD, co-author, No Whine with Dinner: 150 Healthy, Kid-Tested Recipes from The Meal Makeover Moms. ©MealMakeoverMoms.com

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