



## NUTRITION PER SERVING:

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

PREP TIME:	30 MINUTES
COOK TIME:	00 MINUTES

YIELD:	4 SERVINGS
SERVING SIZE:	1 WRAP

## INGREDIENTS:

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.

