WHAT'S COOKING IN THE MARKET?
Asian Mango Chicken Wraps

Servings: 4

Ingredients

2 ripe mangos (peeled, pitted, and diced)
1 1/2 cups chopped roasted chicken breast
2 green onions (sliced)
2 tablespoons fresh basil (chopped)
1/2 red bell pepper (chopped)
1 1/2 cups shredded Savoy or Napa cabbage
2 medium carrots (grated)
1/3 cup fat-free cream cheese
3 tablespoons natural creamy peanut butter (unsalted)
2 teaspoons low-sodium soy sauce
4 whole-wheat tortillas (8")

Directions

1. Cut mangos, vegetables, and chicken. Place in a mixing bowl and toss until well mixed.

2. In a small mixing bowl, whisk together cream cheese, peanut butter, and soy sauce.

3. 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.

4. To serve, cut each wrap in half.

5. If not serving immediately, refrigerate; keeps well overnight.

Notes

Serving Suggestions: Serve with an 8 oz glass of non-fat milk.

NUTRITION INFORMATION PER SERVING

Key Nutrients	Amount	% Daily Value
Total Calories	440	
Total Fat	12g	18%
Saturated Fat	2.5g	13%
Trans Fat		
Cholesterol		
Sodium	570mg	24%
Carbohydrates	57g	19%
Dietary Fiber	9g	36%
Sugars		
Protein	29g	

MYPLATE FOOD GROUPS

- Grains
- Fruits
- Vegetables
- Protein
- Dairy

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