

Tropical Chicken Salad Wrap

4 servings



What you need:

- 1 (10 oz) can Premium Light Chunk Chicken in water or
- 2 boneless, skinless chicken breasts, cooked and chopped
- 1 (8 oz) can pineapple tidbits in juice, drained
- 1 (10 oz) can mandarin oranges in juice or light syrup, drained & chopped
- 1 large celery stalk, chopped coarsely
- ¼ medium red onion, chopped
- 3 Tbsp light mayo
- 1/8 tsp ground ginger or curry powder (optional)
- 4 (6-inch) whole wheat tortillas
- 1 cup dark green lettuce (like Romaine) or fresh spinach leaves

All you do:

- 1) In a medium bowl, mix together chicken, pineapple, mandarin oranges, celery, onion and mayo. (Add spices if desired).
- 2) Place a tortilla on a plate. Put ¼ cup lettuce in the center of the tortilla.
- 3) Spoon ¼ of the chicken salad mixture down the center of the tortilla.
- 4) Roll up and enjoy!