



Chicken Wrap in a Flash

Servings: 4

Rinse fresh vegetables under running water. Scrub firm-skin veggies with a vegetable brush while rinsing.

2 cups cooked chicken or turkey, diced
2 tablespoons onion, chopped
½ cup celery, chopped
¼ cup low-fat plain yogurt
4 whole-wheat or white tortillas
½ cup romaine lettuce or spinach, chopped
Shredded cheese (optional)

1. Wash hands and surfaces.
2. Mix meat, onion, celery and yogurt. Spread onto tortillas.

3. Top with lettuce or spinach, cheese and roll.
4. Refrigerate leftovers immediately.



Nutrition Facts

4 servings per container

Serving size 1 wrap (154g)

Amount per serving

Calories 260

% Daily Value*

Total Fat 6g 8%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 60mg 20%

Sodium 390mg 17%

Total Carbohydrate 24g 9%

Dietary Fiber 0g 0%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 27g

Vitamin D 0mcg 0%

Calcium 47mg 4%

Iron 1mg 6%

Potassium 270mg 6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Helpful Tips

- Add leftover vegetables. Go online to find a farmers market at: seasonalandsimple.info or other Missouri local foods at: showmefood.org
- Wraps can be heated and served warm if cheese is added.

Funded in part by USDA SNAP.

For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.

Running out of money for food? Contact your local resource center or go online to mydss.mo.gov/food-assistance