

recipe *Asian Chicken Wraps*

ingredients

- 1 cup shredded lettuce
- 1 cup shredded cabbage
- 1 cup shredded carrots
- 2 cooked boneless chicken breasts, cubed (12 oz.)
- 2 tbsp. mayonnaise
- 1/4 cup Asian toasted sesame dressing
- 4 - 100% whole wheat flour tortillas, small

directions

Mix mayonnaise and dressing together in a large bowl until well blended. Stir in chicken, lettuce, cabbage, and carrots. Spread mixture evenly on four tortillas. Roll, cut in half, and serve.



Lunch/Supper Crediting: 8 Servings for ages 3-5

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