



## EPISODE 13: It's a Wrap

### **Mexican Chicken Wrap**

2 med tomatoes (chopped)  
1 4oz. canned green chilies  
1/3 cup green onions (sliced)  
1 tbsp fresh cilantro (chopped)  
1 tbsp canola oil

1 lb. boneless skinless chicken breast (cut into 1-inch cubes)  
2 tbsp water  
1 oz. taco seasoning mix  
6 whole-wheat tortillas  
6 tbsp light sour cream

#### **Directions:**

*In large bowl, combine tomatoes, chilies, green onions and cilantro; set aside. Then in a large skillet, heat oil over medium-high heat. Add chicken and cook for about 2 minutes. Add water and taco seasoning mix; continue to cook until chicken is cooked through. Then mix in tomato mixture to skillet of seasoned chicken. Place 1/4 cup filling on each tortilla; roll up. Garnish with 1 tablespoon sour cream. Serves 6.*

Per serving: 290 calories, 23 grams protein, 8 grams fat (1 gram saturated), 50 mg cholesterol, 29 grams carbohydrate, 3 grams fiber, 600 mg sodium

### **Black Bean Wrap**

1/2 cup low-sodium black beans (canned, drained)  
1 tbsp light sour cream  
2 tbsp salsa  
1 small whole-wheat tortilla

#### **Directions:**

*In a small bowl mix black beans, light sour cream, and salsa, cover with plastic wrap and microwave for 2 minutes or until mixture is heated. Next spread mixture on tortilla and fold in half. Serves 1.*

Per serving: 240 calories, 10 grams protein, 4.5 grams fat (1 gram saturated), 5 mg cholesterol, 42 grams carbohydrate, 8 grams fiber, 560 mg sodium



## EPISODE 13: It's a Wrap

### **Creamy Peanut Butter and Banana Wrap**

- 1 small whole-wheat tortilla
- 1 tbsp natural peanut butter
- ½ banana (cut lengthwise)

#### **Directions:**

*Spread peanut butter over top of tortilla add banana and roll up. This quick and easy recipe is great for a quick snack or fast breakfast. Serves 1.*

Per serving: 220 calories, 6 grams protein, 10 grams fat (1 gram saturated), 0 mg cholesterol, 28 grams carbohydrate, 4 grams fiber, 150 mg sodium

### **Turkey Caesar Pocket**

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|--|--------------------------------|
| 2 cups romaine lettuce (shredded)                          | 4 small whole-wheat pitas      |
| 2 tbsp parmesan cheese (grated)                            | 1 oz. low-sodium turkey slices |
| 4 green onions (chopped)                                   | 1 avocado (peeled, sliced)     |
| 2 tbsp vinegar-based reduced calorie Caesar salad dressing | black pepper (to taste)        |

#### **Directions:**

*In medium bowl, combine lettuce, cheese, green onion and salad dressing. Then stuff each half of pita with ½ cup mixture. Top with 2 slices turkey, avocado, and pepper to taste. Serves 4.*

Per serving: 240 calories, 19 grams protein, 10 grams fat (1.5 grams saturated), 30 mg cholesterol, 23 grams carbohydrate, 6 grams fiber, 560 mg sodium