

# Sunshine Chicken Roll-Ups

These yummy fruity chicken wraps are quick and easy to prepare!

Makes: 4 servings  
Prep Time: 20 minutes

Source: FoodHero.org

## Ingredients

- 1 cup cooked, diced chicken
- 1/2 cup finely chopped celery
- 2/3 cup canned, drained mandarin oranges
- 1/4 cup minced onion (green, red, or yellow)
- 2 Tablespoons mayonnaise
- 1 teaspoon soy sauce
- 1/2 teaspoon garlic powder or
- 2 cloves garlic
- 1/4 teaspoon pepper
- 1 large whole wheat tortilla
- 4 medium lettuce leaves, washed and patted dry

## Directions

1. In medium bowl, mix chicken, celery, oranges, and onions.
2. Add mayonnaise, soy sauce, garlic, and pepper. Mix gently until chicken mixture is coated.
3. Lay tortilla on clean cutting board or large plate. With a knife or clean scissors, cut tortilla into four quarters.
4. Place 1 lettuce leaf on each tortilla quarter, trimming leaf so it doesn't hang over edge of tortilla.
5. Place 1/4 of chicken mixture in the middle of each lettuce leaf.
6. Roll tortillas up into a cone, with the two straight edges coming together and the curved edge creating the opening of the cone. Eat like a sandwich!
7. Refrigerate leftovers within 2 hours.



Small Changes,  
BIG Difference!



## Nutrition Information

Serving Size: 1 wrap

Nutrients	Amount
Calories:	170
Total Fat:	6 g
Saturated Fat:	1.5 g
Cholesterol:	25 mg
Sodium:	550 mg
Total Carbohydrates:	18 g
Dietary Fiber:	2 g
Total Sugars:	4 g
Added Sugars:	0 g
Protein	13 g

## Utensils Needed

- Can opener
- Measuring cups
- Measuring spoons
- Cutting board
- Sharp knife

# SHOPPING LIST

SAVE TIME, SAVE MONEY










Average total cost without oil and seasonings: \$16.55

Average cost/serving: \$4.13

Recipe makes: 4 wraps

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

## Ingredients

<input type="checkbox"/>		Add 1 to Cart Chicken	<input type="checkbox"/>		Add 1 to Cart Garlic
<input type="checkbox"/>		Add 1 to Cart Celery	<input type="checkbox"/>		Add 1 to Cart Whole wheat tortillas
<input type="checkbox"/>		Add 1 to Cart Mandarin oranges	<input type="checkbox"/>		Add 1 to Cart Lettuce
<input type="checkbox"/>		Add 1 to Cart Mayonnaise	<input type="checkbox"/>		Add 1 to Cart Onion
<input type="checkbox"/>		Add 1 to Cart Soy Sauce			

## SAVE TIME, SAVE MONEY

## My Cooking Notes

- Refrigerate raw chicken and use within 1 to 2 days for best quality.
- Refrigerate cooked chicken for up to 3 or 4 days. Freeze for longer storage; package in recipe-sized amounts; use within 2 months for best quality.
- Freeze raw chicken to store for 9 to 12 months.
- Wrap each piece in plastic wrap or a sandwich bag to make it easy to thaw only the amount you need. Combine wrapped pieces in a resealable freezer bag. Label and date the package.
- No oranges? Use halved grapes or diced apples.
- Instead of chicken, try using 1 cup cooked/drained garbanzo beans, or 1 cup of small tofu cubes.