

HG's Yum-Yum Chicken-Salad Wrap

Makes 1 Serving

Ingredients:

1 slice center-cut or turkey bacon (reduced sodium)
3 oz. cooked and finely chopped skinless chicken breast
1/4 cup chopped bagged broccoli coleslaw
2 tbsp. fat-free mayonnaise
1 tbsp. diced celery
1/8 tsp. garlic powder
1/8 tsp. onion powder
Dash black pepper
1 large lettuce leaf **OR** 1 medium-large high-fiber whole wheat flour tortilla with 110 calories or less (like the kinds by La Tortilla Factory)



Directions:

1. Cook bacon until crispy, either in a skillet over medium heat or on a microwave-safe plate in the microwave. (See package for cook time.)
2. In a medium bowl, combine chicken, slaw, mayo, celery, and seasonings. Mix well.
3. Break bacon in half, and lay the halves horizontally on the center of the tortilla. Top with chicken mixture.
4. Wrap lettuce leaf OR tortilla up by first folding in one side (to keep filling from escaping) and then tightly rolling it up from the bottom. (Or fold in both sides, burrito-style.) Enjoy!

Nutrition Information:

Clucky You!

Serving Size: entire recipe with lettuce leaf

Calories: 225 calories

Fat: 7 g

Saturated Fat: 2 g

Carbs: 8 g

Protein: 30

Serving Size: entire recipe with tortilla

Calories: 355

Fat: 8g

Saturated Fat: 2 g

Carbs: 36 g

Protein: 35 g