



Chicken Wraps with Sprouts

Serves 8

8 ten-inch whole wheat tortillas

2 cooked, 4-ounce chicken breasts, thinly sliced into strips (around 2 cups)

2 Roma tomatoes, deseeded and sliced thin

1 cup alfalfa sprouts

1 avocado peeled, seeded and sliced

1 cup sliced Napa cabbage

1 cup sliced purple cabbage

1 cup julienne sliced carrots

1 cup julienne sliced cucumber

1 cup julienne sliced celery

½ cup fresh basil, chiffonade

1 tsp garlic powder

1 tsp onion powder

2 Tbsp rice vinegar

1 Tbsp extra virgin olive oil

Salt and pepper to taste

1. Divide the chicken strips, tomatoes, sprouts, and avocado between the 8 tortillas.
2. Combine the Napa and purple cabbage, slice carrots, cucumber, celery, and basil into a large bowl. Set aside.
3. In a medium size bowl combine the garlic powder, onion powder, rice vinegar, and extra virgin olive oil and whisk to combine. Add salt and pepper to taste.
4. Drizzle olive oil mixture of cabbage mixture from step two. Gently toss together to thoroughly coat.
5. Divide the cabbage mixture between the 8 chicken wraps. Serve and Enjoy!

Nutritional Analysis

Serving Size: One wrap

Calories	310
Fat	9g
Saturated Fat	2g
Cholesterol	25mg
Sodium	460mg
Carbohydrates	40g
Fiber	8g
Protein	18g

Diabetic Exchanges:

Protein	2.5
Fat	2
Carbohydrate	1.5