

Cancer Prevention and Wellness

Barbecue Chicken Wraps

Leftovers make the best fillings for wraps, so use what is in your refrigerator. Roasted peppers, corn, cooked greens such as spinach can add a vegetable serving to your day. Cooked turkey, pork, or even fish, such as salmon, can replace the chicken.

Makes 1 serving – multiply by the number you wish to make

1	12-inch whole wheat or flour tortilla	2 oz.	Cooked (preferably grilled) skinless chicken breast or leg meat, shredded or cut into thin strips
2 Tbsp.	Low-fat refried pinto beans	½ cup	Shredded romaine lettuce or arugula leaves
2 Tbsp.	Low-fat sour cream	¼ cup	Shredded low-fat cheddar cheese (optional)
¼ cup	Barbecue sauce		

Heat a non-stick skillet over medium-high heat on the stove. Using a pastry brush, brush tortillas with olive oil. Grill each tortilla lightly on one side for no longer than 1 minute (the tortillas should be soft and easy to roll). Transfer tortillas, heated side down, to work surface.

Spread the pinto beans, sour cream and then 2 tablespoons of the barbeque sauce evenly over the tortilla leaving a 1-inch border. Place the chicken over the sauce, then spread the romaine or arugula over the chicken. Top with the cheese, if using. Fold about an inch of the tortilla from top and bottom over the filling. Turn the wrap sideways and roll it up. Serve with the remaining barbecue sauce.

Per serving:

Calories	Protein	Carbohydrates	Fat	Saturated Fat	Cholesterol	Fiber
376	32g	41g	8g	3.5g	64mg	12g

% of Calories: 45% Carbohydrate; 36% Protein; 19% Fat

Recipe by Laura Pensiero, RD

"Ask-the-Chef" - Go to www.mskcc.org and look under Wellness.

