

Chicken Tortilla Wraps



Serves 1

INGREDIENTS

- 1 flour tortilla (wrap)
- 30g cooked chicken (maybe left over from a Sunday roast chicken)
- 1 carrot, grated
- Handful of shredded lettuce
- 2 tsp reduced fat salad cream
- 2 tsp low fat natural yogurt
- Black pepper
- 2 tomatoes, chopped



METHOD

- 1 Shred the chicken and mix with the grated carrot, lettuce, tomatoes, salad cream and yogurt. Add a twist of black pepper to your taste.
- 2 Lay down the filling in the middle of a tortilla and wrap up

per portion (170g)				
ENERGY	FAT	SATURATES	SUGAR	SALT
1016kJ 240kcal	3.4g LOW	0.7g LOW	4.6g LOW	0.53g MED
12%	5%	3%	5%	9%

of your reference intake
Typical values per 100g: Energy 597kJ/141kcal

TOP TIPS

- These are great for lunch boxes and can be wrapped in cling film to keep them together before chilling.
- Use your favourite vegetables inside.
- You could also use tuna, ham or grated cheese.



Hot Cheesy Vegetable Wrap

(also known as Quesadilla)



Serves 1

INGREDIENTS

- 1 flour tortilla (wrap)
- 30g grated half fat, cheddar cheese
- 2 tomatoes, cut into small pieces
- Mixed herbs
- Black pepper



METHOD

- 1 Heat a non-stick frying pan to medium heat and place tortilla flat in there.
- 2 Add the tomatoes and cheese onto one half of the tortilla. Sprinkle with herbs and black pepper.
- 3 Fold over the other half of the tortilla to create a semi-circular sandwich.
- 4 Continue to heat until the cheese is melted.
- 5 Serve with a side salad.

per portion (150g)				
ENERGY 1055kJ 249kcal	FAT 5.5g MED	SATURATES 3.1g MED	SUGAR 2.6g LOW	SALT 0.96g MED
12%	8%	16%	3%	16%
of your reference intake Typical values per 100g: Energy 703kJ/166kcal				

TOP TIPS

- Use your favourite vegetables inside. We love adding 2 tbsp sweetcorn and ½ red or green pepper, finely chopped. You could also add finely chopped mushrooms.
- Works well with tuna, tomatoes and a little cheese.