



Southwest Chicken Wraps



1 lb. skinless, boneless chicken breasts, grilled
1/2 cup light ranch dressing
1 Tablespoon lime juice
1 teaspoon chili powder
1 1/2 cups shredded cabbage or coleslaw blend

1/2 cup Mexican style blend finely shredded cheese
6 (10-inch) whole wheat flour tortillas
Toppings: chopped tomatoes, fresh cilantro, sliced avocado

Instructions: While chicken is grilling, combine ranch dressing, lime juice and chili powder in a medium bowl. Fold in shredded cabbage and shredded cheese until evenly coated. When chicken reaches a minimum internal temperature of 165F, remove from grill and rest for 5 minutes or until cool enough to handle. Chop chicken into bite-size pieces. Evenly spoon chicken into center of tortillas and top with 1/4 cup coleslaw mixture. Add additional toppings if desired. Fold in sides of tortilla, then roll up burrito style. Secure with toothpick to hold it together. Grill for 2-3 minutes on each side.

Yield: 6 servings

Nutrition Facts (per serving): 310 calories, 10 grams fat, 560 milligrams sodium, 33 grams carbohydrate, 5 grams fiber, 24 grams protein