



Chicken and Cucumber Caesar Wrap

Makes one sandwich

Ingredients:

One 1-inch piece of cucumber

One 10-inch flour tortilla (preferably whole wheat)

2 slices roasted chicken (about 1 1/2 ounces)

6 baby spinach leaves or 1 romaine lettuce leaf, washed, dried, and coarsely chopped (about 1/2 cup)

2 teaspoons creamy Caesar salad dressing

2 tablespoons shredded part-skim mozzarella cheese

6 seasoned croutons

Directions:

1. Peel the cucumber, cut in half, remove the seeds and slice into 1/4-inch-thick crescent moon shapes. Set aside.
2. Lay the flour tortilla on a work surface. Arrange the chicken, spinach leaves, cucumber, salad dressing, cheese, and croutons evenly down the center.
3. Roll up tightly burrito style, slice in half. Wrap in plastic wrap, or place in a zip-top bag.

Nutrition:

310 calories, 12g fat (3g saturated), 550mg sodium, 29g carbohydrate, 3g fiber, 22g protein, 10% vitamin A, 15% calcium