

## Confetti Chicken Wraps

*Makes 6 to 8 Servings*

- 1 tablespoon canola oil
- 1 large orange bell pepper, finely diced (about 1 1/2 cups)
- 1 pound skinless, boneless chicken breast halves, sliced into thin strips
- 1/2 to 1 teaspoon ground cumin
- 1/2 to 1 teaspoon chili powder
- One 15 1/2-ounce can pinto beans, drained and rinsed
- 1 cup frozen corn kernels, thawed
- 1 cup pre-shredded reduced-fat Cheddar cheese
- 3/4 cup salsa
- Six to eight 8-inch flour tortillas
- 1/2 cup reduced-fat sour cream, optional

Heat the oil in a large nonstick skillet over medium-high heat. Add the bell peppers and cook, stirring frequently, until tender, about 5 minutes. Add the chicken, cumin, and chili powder and cook until the chicken is no longer pink, 4 to 5 minutes. Stir in the beans, corn, cheese, and salsa and cook until the mixture is heated through and the cheese is melted, about 2 minutes. Meanwhile, stack the tortillas on a microwave-safe plate, uncovered, and heat in the microwave until warmed through, 30 to 45 seconds. Assemble by placing the chicken mixture down the center of each tortilla. Wrap burrito style and serve with sour cream as desired.

**Nutrition Information per Serving:** 330 calories, 8g fat (1.5g saturated), 510mg sodium, 41g carbohydrates, 8g fiber, 24g protein, 80% vitamin C