

Spiced Chicken, Green Apple and Avocado Cottage Wrap

Recipe by Chef Marvin Woods

Sandwiches nowadays come in many shapes and sizes. Tortilla wraps are very versatile and are perfect for holding all different kinds of foods especially when they are on the go. This is one of my favorite easy wraps — great for a healthy, quick lunch or an easy dinner.

Yield: 2 servings

Ingredients

2 x 12 inch spinach or whole wheat wraps
1 chicken breast (butterfly chicken breast if you like), skin removed
4 tablespoon canola oil
¼ teaspoon cinnamon
¼ teaspoon paprika
¼ curry powder
1 cup low fat cottage cheese
2 ounces low fat cream cheese
2 tablespoon honey
½ granny smith apple (peeled and core removed, cut into slices)
½ red apple (peeled and core removed, cut into slices)
½ lemon cut in half and juiced (seeds removed)
½ avocado (skin and pit removed)
Kosher salt to taste or ¼ tsp
Black pepper to taste or ⅛ tsp

Instructions: Place chicken breast on a flat surface. Sprinkle with cinnamon, paprika, curry powder, salt and pepper on both sides. Place canola oil in a sauté pan over moderate heat. Put chicken breast in the pan and cook for 3 to 5 minutes on one side. Turn chicken over and cook for another 3 to 5 minutes. If need be alternate turning chicken over on both sides until chicken reaches an internal temperature of 165. Place chicken on the side to cool. In a bowl, place cottage cheese and cream cheese and mix together. Add honey. Add apples and a pinch of lemon juice. Add chicken and gently mix together.

Place wraps on a flat surface. Add an even amount of the chicken mixture in a straight line to the front of the wrap. Take one of the wraps sides and fold it in to the middle. Roll wrap starting with the side that has the chicken mixture. Roll as tightly as you can without breaking the wrap. Serve.

Note: May be sliced in fourths and served as an appetizer as well.



Total Nutrition Facts (per serving)

Calories:	697
Total Fat	33g
Saturated Fat	3.7g
Trans Fat	0.17g
Cholesterol	71.3mg
Sodium	1140.7mg
Total Carb.	66.4g
Dietary Fiber	.8g
Sugars	33.4g
Protein	42.6g