

Chicken Corn Wraps

Chicken, corn, tomatoes and sun-dried tomatoes wrapped into a whole-wheat tortilla.



The sun-dried tomatoes in this wrap add an unexpected flavor to a chicken and vegetable wrap.

Ingredients:

- 1 cup corn, fresh or frozen (thawed)
- 1/2 cup chopped fresh tomato
- 1/4 cup chopped soft sun-dried tomatoes*
- 1/4 cup chopped onion
- 2 Tablespoons olive oil
- 1 Tablespoon red wine vinegar
- 1 cup cooked, shredded chicken breast meat
- 4 whole-wheat tortillas, 6-inch
- 2 cups chopped romaine lettuce

Preparation:

Combine corn, tomato, sun-dried tomatoes, onion, oil and vinegar in a medium bowl.

Divide chicken among tortillas. Top with equal portions of the corn salad and lettuce. Roll up. Serve the wraps cut in half, if desired.

*Note: If you can only find dry (and hard) sun-dried tomatoes, soak them in boiling water for about 20 minutes before using.

Nutrition Facts

Yield 4 servings

Amount Per Serving

Calories 247

Fat 7 g

Saturated fat 1 g

Cholesterol 33 mg

Protein 18 g

Carbohydrates 25 g

Fiber 4 g

Sodium 274 mg

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