ASIAN MANGO
CHICKEN WRAPS

SWEET AND JUICY RIPE MANGOS ARE THE PERFECT BALANCE FOR THE SAVORY INGREDIENTS IN THIS ASIAN WRAP. DINNER'S READY IN 30 MINUTES, OR MAKE AHEAD FOR A TASTY PORTABLE LUNCH.

NUTRITION PER SERVING:

CALORIES	440
PROTEIN	29 G
CARBOHYDRATE	57 G
TOTAL FAT	12 G

PREP TIME:	30 MINUTES
COOK TIME:	00 MINUTES

YIELD:	4 SERVINGS
SERVING SIZE:	1 WRAP

INGREDIENTS:

2	RIPE MANGOS (PEELED, PITTED, AND DICED)
1½ C	CHOPPED ROASTED CHICKEN BREAST
2	GREEN ONIONS (SLICED)
2 TBSP	FRESH BASIL (CHOPPED)
½	RED BELL PEPPER (CHOPPED)
1½ C	SHREDDED SAVOY OR NAPA CABBAGE
2	MEDIUM CARROTS (GRATED)
1/3 C	FAT-FREE CREAM CHEESE
3 TBSP	NATURAL CREAMY PEANUT BUTTER (UNSALTED)
2 TSP	LOW-SODIUM SOY SAUCE
4	WHOLE-WHEAT TORTILLAS (8")

01 Cut mangos, vegetables, and chicken. Place in a mixing bowl and toss until well mixed.

02 In a small mixing bowl, whisk together cream cheese, peanut butter, and soy sauce.

03 To assemble: lay out tortillas on a flat surface. On each tortilla, spread 1/4 of cream cheese mixture and top with mango, vegetable, and chicken mix. Roll up tightly, tucking in ends of tortilla. Secure with toothpicks.

04 To serve, cut each wrap in half.

05 If not serving immediately, refrigerate; keeps well overnight.

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