



## Lifestyle Wellness Academy

### NUTRITION PER SERVING:

<b>CALORIES</b>	440
<b>PROTEIN</b>	29 G
<b>CARBOHYDRATE</b>	57 G
<b>TOTAL FAT</b>	12 G

<b>PREP TIME:</b>	30 MINUTES
<b>COOK TIME:</b>	00 MINUTES

<b>YIELD:</b>	4 SERVINGS
<b>SERVING SIZE:</b>	1 WRAP

### INGREDIENTS:

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



## 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.

- 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.

