



Recipe of the Month - August 2018

Cranberry Almond Wrap

Serves 6

Serving Size: 1 wrap

Cost per Serving: \$0.90

Ingredients:

3 cups chicken or turkey (*cooked and shredded*)

1/2 cup almonds, sliced

2 ribs celery, diced

1/2 cup dried cranberries

1/4 cup light mayonnaise

6 (*8 inch*) whole wheat tortillas



Make MyPlate Your Plate

Directions:

1. Combine chicken or turkey, almonds, celery, cranberries, and mayonnaise in a bowl. Cover. Refrigerate until ready to assemble.
2. Spoon 1 loosely packed cup filling onto each tortilla. Roll the tortilla and enjoy!

Tips:

- These wraps are great to take for lunch. Make ahead and wrap tightly in plastic wrap. Store in the refrigerator.
- Use leftover chicken or turkey. Or cook your favorite way (*bake, boil or grill*). Leftovers can be stored in the refrigerator for up to 4 days.

NUTRITION FACTS PER SERVING: 350 calories, 12g total fat (2.5g sat. fat), 60mg cholesterol, 470mg sodium, 33g carbohydrates, 2g fiber, 8g sugar, 27g protein

*Recipe compliments of Iowa State University Extension:
Healthy & Homemade Meals 2018 Nutrition & Fitness Calendar*