

Chicken Veggie Wrap



4 tbsp fat-free *cream cheese*

4 (10-inch) fat-free *whole-wheat tortillas*

1 cup *baby spinach leaves*

1 cup chopped leftover *chicken breast*,
(about 1/2 breast)

1/2 cup chopped *tomato*

1/2 cup (2 ounces) grated lower fat
Swiss cheese

2 tbsp finely diced *red onion*

Spread each tortilla with cream cheese and top with spinach leaves. Divide remaining ingredients evenly among the 4 tortillas. Roll up, close one end and enjoy!

MAKES 4 WRAPS.

Per wrap:

227 calories

18g protein

4g fat

29g carbs

2.4g fiber

491mg sodium