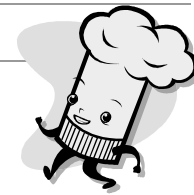

Mexican Chicken Wrap



Ingredients:

2/3 cup	Canned Chicken Breast
1/4 packet	Taco Seasoning
2 tablespoons	Fat Free Sour Cream
2 tablespoons	Salsa
1/8 cup	Fat Free Shredded Cheddar Cheese
1	Multi Grain Tortilla Shell
	Shredded Lettuce (to taste)

Directions:

1. Combine chicken, taco seasoning, sour cream and salsa in a mixing bowl. Mix ingredients.
2. Place mixture on tortilla shell, add cheese and lettuce and wrap up tortilla shell.
3. Chill or serve immediately.

Nutritional Breakdown:

Total Calories	349
Fat	7 grams
Carbohydrates	36 grams
Protein	35.5 grams

