

# Grilled Chicken Wrap

(Makes 1 serving)

Highlighted Recipe: Created for Newark Museum “Generation Fit” exhibit demonstrating that functional foods can be flavorful too. Try this at home. Ingredients should be available at your grocer.

10 inch Mission brand whole wheat wrap.

Spread the wrap with a thin coat of Sabra brand, gluten free, classic hummus.

4 fresh skinless cucumber “ribbons” seedless portion only, cut with potato peeler, about 1/16 – 1/8 inch thick. Lay across wrap lengthwise.

Lay 5 to 6 leaves of fresh Express brand, baby spinach across side to side, from end to end of wrap.

1 teaspoon of fresh chopped onions.

6 slices of Healthy Ones brand, rotisserie style chicken breast, extra lean, deli thin sliced meat.

3 or 4 strips of fresh red bell pepper slices, more if needed to fill out wrap.

Lay 4 to 5 Bella Sun Luci brand, sun-dried tomato halves with Extra Virgin Olive Oil with Italian herbs, side by side from end to end of wrap.

Add several fresh thin slices, skin on, Gala brand apples; approximately less than ¼ apple per wrap, minus seeds.

Sprinkle a loose ¼ cup, Manns brand broccoli slaw that incorporates; broccoli, carrots, red cabbage pieces.



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