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

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