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Chicken Rollups with Yogurt-Ginger Sauce
Serves: 4

Ingredients
4 whole wheat large tortillas
1/2 cup carrots, shredded
1/2 cup grapes, sliced
1/2 cup romaine lettuce, shredded
8 ounces rotisserie or poached chicken,* shredded
1/4 cup pecans, chopped

For sauce:
1 cup low-fat plain yogurt
2 tablespoons mayonnaise
3 tablespoons basil leaves, chopped
2 tablespoons green onions, chopped
1 tablespoon fresh lemon juice
1 tablespoon fresh ginger, peeled and finely chopped

Preparation
Place all ingredients in separate bowls so each person can chose their ingredients.

Combine all sauce ingredients in a mixing bowl and mix well. Taste and adjust seasoning and lemon juice.

To assemble:
Place tortilla on flat, clean surface. Spread the sauce over the entire tortilla minus the edges. Place 2 ounces of chicken in a row in the middle of the tortilla. Place additional ingredients over the chicken. Roll tightly from the bottom up. Put some sauce on the top edge to secure the roll. Finish by placing toothpicks about an inch apart across the tortilla and slice between the toothpicks.

**To poach your own chicken instead of using rotisserie, place breast in stock and simmer for about 2 hours or until tender. Cool and use or refrigerate in cooking liquid until ready for use.*



Nutrition per serving: 472 calories; 19g total fat (4g saturated, 0g trans); 54mg cholesterol; 625mg sodium; 50g carbohydrates; 4g fiber; 7g sugars; 27g protein.

