**Garden Chicken Wrap**

***Note:*** *Try carrot or celery sticks on the side!*



**Prep time:** 5-10 minutes

**What you need:**

* 4 whole-wheat wraps (8 inches)
* 2 cups store-bought rotisserie chicken, shredded
* ½ cup shredded carrots
* 1 avocado, thinly sliced
* 1 cup baby spinach leaves
* ¼ cup of your favorite fat-free/low-fat dressing (about 1 tablespoon per wrap)

**Equipment and supplies:**

* Cutting board
* Sharp knife
* Measuring cups

**What to do:**

1. Place wraps side by side on a flat surface. Divide chicken into four portions (about ½ cup each). Place a portion of chicken on each wrap.
2. Top each wrap with carrots, avocado, and spinach. (Have an adult help with the chopping.)
3. Drizzle dressing evenly over each wrap.
4. Roll each wrap up tightly and cut on the diagonal.
5. Serve immediately or wrap tightly in aluminum foil and refrigerate for lunch the next day.

**How much does this recipe make?**

* 4 wraps

Reviewed by: [Mary L. Gavin, MD](http://findaprovider.nemours.org/details/913/mary-gavin-weight_management-newtown_square-wilmington)

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