



ASIAN MANGO AND CHICKEN WRAPS

Sweet and juicy ripe mangos are the perfect balance for the savory ingredients in this Asian wrap. Dinner's ready in 30 minutes, or make ahead for a tasty portable lunch.

Preparation time: 30 minutes

Serves: 4

INGREDIENTS:

- 2 ripe mangos, peeled, pitted, and diced
- 1½ cups chopped roasted chicken breast
- 2 green onions, sliced
- 2 tsp fresh basil, chopped
- ½ red bell pepper, chopped
- 1½ cups shredded Savoy or Napa cabbage
- 2 medium carrots, grated
- ½ cup fat-free cream cheese
- 3 tbsp natural creamy peanut butter, unsalted
- 2 tsp low-sodium soy sauce
- 4 whole-wheat tortillas, 8"

DIRECTIONS:

1. Cut mangos, vegetables, and chicken. Place in a mixing bowl and toss until well mixed.
2. In a small mixing bowl, whisk together cream cheese, peanut butter, and soy sauce.
3. To assemble: lay out tortillas on a flat surface. On each tortilla, spread ¼ of cream cheese mixture and top with mango, vegetable, and chicken mix. Roll up tightly, tucking in ends of tortilla. Secure with toothpicks.
4. To serve, cut each wrap in half.
5. If not serving immediately, refrigerate; holds well overnight.

Serving Suggestions:

Serve with an 8 oz glass of non-fat milk.



Food Group Amounts	
Dairy	--
Fruits	1 cup
Vegetables	¾ cup
Grains	1½ oz
Protein	2½ oz

Nutrition Facts	
Serving Size (388g)	
Servings Per Container	
Amount Per Serving	
Calories 440	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 570mg	24%
Total Carbohydrate 57g	19%
Dietary Fiber 9g	36%
Sugars 29g	
Protein 29g	
Vitamin A 170%	Vitamin C 160%
Calcium 25%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Recipe Submitted by Produce For Better Health Foundation



United States
Department of
Agriculture

