

Chicken Salad Wrap

Ingredients

Chicken Salad:

¾ cup light mayonnaise
w/ olive oil
½ tsp. fresh lemon
thyme, chopped
8 oz. cooked chicken,
diced
1 celery stalk, diced
5 green onions, sliced
5 tsp. capers
3 red bell peppers
1 yellow bell pepper
1 orange bell pepper
3 tbsp. fennel, chopped

1/2 cup pecans, chopped
1 cup red grapes (halved)
Salt, to taste

Wrap:

1 head green leaf lettuce
6 10-inch whole wheat
tortillas (try Flat Outs or
other high-fiber, high
protein tortilla/flat bread)



Instructions

Combine lemon thyme and mayonnaise, place in a covered container and refrigerate for at least 1 hour. Combine the remaining chicken salad ingredients. Add marinade (after 1 hour) to rest of ingredients, mix and add salt to taste. Place one layer of lettuce leaves on each tortilla, then add 1/2 c chicken salad; roll into a wrap and serve.