



## Chipotle Chicken Wrap

### INGREDIENTS:

1 each	Whole wheat tortilla (about 150 calories/tortilla) 14"
½ each	Avocado, mashed with lime juice and pinch of salt
1 each	Roma tomato
2 leaves	Romaine lettuce
½ each	Red onion, julienne
¼ cup	Black beans, cooked, drained seasoned with ¼ tsp. of cumin
½ cup	Corn kernels, frozen, then thawed
4 Tablespoon	2% Sharp Cheddar cheese, shredded
1 Tablespoon	Cilantro, fine chopped
8 ounce	Chicken breast, boneless, skinless (raw)
¼ teaspoon	Salt
Pinch	Pepper
1 ounce	H3 Ranch dressing with Chipotle sauce (Adobo) (1/2 oz./per person) Adobo chilies come in a small can with Adobo sauce.

### PREPARATION:

- Cut all vegetables and set aside.
- Preheat grill, cast iron skillet, oven or fry pan.
- Place chicken breasts across grill (if using a grill). Cook 3 minutes one way and then turn (so there is a crisscross pattern), cook an additional 3 minutes.
- Turn chicken over onto other side and repeat the step above. (Doing this will give you great grill marks).
- Once chicken is cooked thoroughly, remove from grill and cut into 6 strips, set aside.
- Cut wheat tortilla in half, or keep whole and cut in half later.
- Steam or warm in microwave tortilla to improve wrapping ability. (You can steam the tortillas in either a mini steamer or by placing them on a plate, covering them with plastic wrap and microwaving for a few seconds.)
- Spread H3 chipotle ranch dressing on tortilla, and then fill with the rest of the ingredients.
- If using the whole tortilla, follow as above, then fold in tortilla sides, and roll, place toothpick through both sides and cut in half.

**Number of Servings:** 2  
**Serving size:** 1 wrap  
**Calories per serving :** 304  
**Fat grams per serving:** 10

