



GREEN CHICKEN WRAP

INGREDIENTS

- 2 cups shredded chicken
- 1 large avocado, peeled, pitted, and thinly sliced
- 1/4 cup fresh spinach, chopped
- 1/8 cup cilantro, chopped
- 1/8 cup onion, chopped
- 1/4 cup low-fat mayonnaise
- 1/2 teaspoon garlic powder
- Salt and pepper (optional)
- 6 10-inch whole-grain tortillas



PREPARATION

In a large salad bowl, combine all of the ingredients together except the wraps. Place in refrigerator for 15 minutes to chill. Once the mixture is chilled, serve with the whole-grain tortillas.



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