Crunchy Hawaiian Chicken Wraps  
Makes 6 servings  

Ingredients:  
1/4 cup light mayonnaise  
1/3 cup white vinegar  
2 teaspoons sugar  
1½ teaspoon garlic powder  
1½ teaspoon onion powder  
1½ teaspoon chili powder  
2 cups broccoli, finely chopped  
1½ cups carrots, peeled, shredded  
1/4 cup canned crushed pineapple in 100% juice, drained  
1 cup baby spinach, chopped  
1½ cups cooked diced chicken, 1/2-inch pieces (12 oz.)  
6 whole wheat tortillas, 10 inches  

Directions:  
1. In a small mixing bowl, combine mayonnaise, vinegar, sugar, garlic powder, onion powder and chili powder for the dressing. Mix well. Cover and refrigerate.  
2. Combine broccoli, carrots, pineapple and spinach in a large bowl. Stir in dressing and chicken. Mix well. Serve immediately or cover and refrigerate.  
3. For each wrap, place 2/3 cup filling on the bottom half of the tortilla and roll in the form of a burrito. Place seam side down. Cut diagonally. Serve immediately.  

Suggestion: Filling may be made up to one day in advance. Assemble wraps when ready to serve.  

Source: Cornell Cooperative Extension of Delaware County  

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.  

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