



United States Department of Agriculture
What's Cooking? USDA Mixing Bowl

Find more recipes at www.usda.gov/whatscooking(link is external)
USDA is an equal opportunity provider, employer, and lender.



Crunchy Hawaiian Chicken Wrap

Prep time:20 minutes

Makes: 6 Wraps

This appealing main dish combines seasoned chicken, sweet pineapple, and crunchy shredded vegetables, topped with a delicious poppy seed dressing all wrapped in a warm, whole-wheat tortilla.

Ingredients

1/4 cup light mayonnaise
1/8 cup white vinegar
1/4 cup sugar
1 teaspoon poppy seeds
1 1/2 teaspoons garlic powder
1 1/2 teaspoons onion powder
1 1/2 teaspoons chili powder
2 cups Fresh broccoli, shredded
1 1/2 cups Fresh carrots, peeled, shredded
1/4 cup Canned crushed pineapple, in 100% juice, drained
1 cup Fresh baby spinach, chopped
3 cups Cooked diced chicken, 1/2" pieces (12 oz)
6 Whole-wheat tortillas, 10"

Directions

1. In a small mixing bowl, combine mayonnaise, vinegar, sugar, poppy seeds, 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.