

PULLED CHICKEN & PICKLED Veggie WRAPS



WAC Fun Food Fact

This is a great option for packing a picnic lunch. Just make sure to remember to put it on ice if you are not planning to eat right away.

INGREDIENTS 8 servings

- 2 cups julienned or coarsely shredded carrots
- 1 cup julienned radishes
- 1 cup thinly sliced red onion
- 1/2 cup rice vinegar
- 2 tablespoons sugar
- 1 teaspoon salt
- 1/2 cup light mayonnaise
- 1 teaspoon Sriracha, plus more for serving
- 8 7- to 8-inch low-carb whole-wheat tortillas, such as La Tortilla Factory
- 8 Bibb and/or red-leaf lettuce leaves
- 2-2/3 cups shredded cooked chicken breast

PREPARATION

- 1 Combine carrots, radishes, onion, vinegar, sugar and salt in a sealable plastic bag. Turn to coat. Set the bag in a shallow dish and marinate in the refrigerator for 1 hour.
- 2 Stir mayonnaise and Sriracha in a small bowl. Drain the pickled vegetables (discard marinade).
- 3 Spread 1 Tbsp. of the mayonnaise mixture on each tortilla. Top with lettuce, chicken and pickled vegetables and roll up. Wrap and refrigerate for up to 24 hours. Serve drizzled with more Sriracha, if desired.

Nutrition Information

Serving size: 1 wrap

Per serving: 248 calories; 10 g fat(1 g sat); 15 g fiber; 27 g carbohydrates; 23 g protein; 45 mg cholesterol; 5 g sugars; 601 mg sodium; Carbohydrate Servings: 2
Exchanges: 2½ lean protein, 1½ starch, 1 fat, 1 vegetable



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Recipe of the Month | **JUNE**