



Greek-Style Chicken Wraps

- **Yield:** Serves 6 (serving size: 1 wrap)

Ingredients

- 1 cup grape tomatoes, halved
- 3 tablespoons pitted kalamata olives, coarsely chopped
- 2 tablespoons crumbled feta cheese
- 1 1/2 tablespoons fresh lemon juice
- 1 tablespoon chopped fresh oregano
- 1 tablespoon olive oil
- 1/8 teaspoon ground red pepper
- 4 ounces shredded skinless, boneless rotisserie chicken breast (about 1 cup)
- 2 Kirby or small cucumbers, chopped
- 6 tablespoons plain hummus
- 6 (8-inch) whole-wheat flour tortillas

Preparation

1. Place tomatoes, olives, feta, juice, oregano, oil, pepper, chicken, and cucumber in a large bowl; toss to combine. Spread 1 tablespoon hummus over 1 side of each tortilla. Top each tortilla with about 1/2 cup chicken mixture. Roll up wraps; cut in half.

Nutritional Information

Amount per serving

Calories 237, Fat 9.9 g, Sat fat 2.3 g, Carbohydrate 27 g, Fiber 5 g, Sodium 556 mg

Reasons to make this recipe:

- ✓ Quick and easy!
- ✓ Great use of leftover rotisserie chicken
- ✓ Excellent sources of protein from chicken and hummus
- ✓ Cucumbers and tomatoes provide vitamins and minerals to keep you healthy.