

CUCUMBER CHICKEN WRAP



INGREDIENTS

- 1 ounce cream cheese, at room temperature
- 1/4 medium avocado, mashed
- 1 tsp lemon juice or rice vinegar
- 1/8 tsp salt
- 1/8 tsp ground pepper
- 2 Tbsp chopped fresh herbs (parsley, dill and/or basil)
- 1 (8 inch) whole-wheat tortilla
- 1/4 cup shredded cooked chicken
- 2 Tbsp shredded carrot
- 6 thin slices cucumber
- 1/2 cup mixed salad greens

DIRECTIONS

1. Stir cream cheese, avocado, lemon juice (or vinegar), salt and pepper together in a small bowl. Add herbs and stir until well blended.
2. Spread the mixture evenly on tortilla and top with chicken, carrot, cucumber and greens,
3. Roll filled tortilla up like a burrito.



Serves:
1

Serving Size:
1 wrap

Calories:
353

Recipe courtesy of eatingwell.com