

Chicken Wraps

This recipe makes four servings.

2 medium tomatoes, seeded and chopped
1 (4 ounce) can diced green chilies
2 green onions, sliced
1 tablespoon chopped fresh cilantro
1 teaspoon olive oil
2 boneless, skinless chicken breasts, cut into 1-inch pieces
2 tablespoons water
2 teaspoons dried minced onion*
1 teaspoon chili powder*
1/2 teaspoon crushed red pepper flakes*
1/4 teaspoon dried oregano*
1/2 teaspoon dried minced garlic*
1/2 teaspoon ground cumin*
4 large fat free flour tortillas

* these seasonings replace 1 packet of taco seasoning mix

1. In a large bowl, combine tomatoes, chilies, green onions and cilantro and set aside.
2. Heat oil in a large nonstick skillet until hot.
3. Add chicken and brown for about 2 minutes.
4. Add water and seasonings and continue to cook until chicken is no longer pink inside.
5. Add tomato mixture and continue cooking over medium heat until liquid is absorbed.
6. Place 1/4 of filling in the center of each tortilla, fold the bottom and sides over the filling.

Nutrition per serving: Calories (220); Fat (1g); Saturated Fat (1g); Protein (30g); Carbohydrates (17g); Cholesterol (68mg); Sodium (248mg); Fiber (7g).