

BREAKFAST CHICKEN WRAP

1 wrap

1/3 cup	chopped cooked chicken
1/3 cup	shredded cheese
3 Tbsp	salsa or chili sauce or Asian hot sauce
1/3 cup	chopped vegetables (eg onions, peppers, mushrooms)
1	large whole wheat or flax tortilla

Put chicken, cheese and salsa in a row down the middle of the tortilla. Top with chopped vegetables. Roll the tortilla around the filling, tucking the ends in so the filling can't fall out. Serve cold or microwave for 60-90 seconds.

Make ahead tips:

- Wrap the rolled tortilla in plastic wrap and refrigerate until needed. Unwrap before heating.
- This recipe can be doubled, tripled or quadrupled



Courtesy of Manitoba Chicken Producers

www.chicken.mb.ca

Manitoba Chicken Producers represents 143 farm families raising chickens that are free-run, grain fed, and free of added hormones. For more information on buying locally grown chicken, look for the Manitoba Chicken Buying Guide at www.chicken.mb.ca.