



# MANGO CHICKEN WRAP



0hr 30min



4

## INGREDIENTS

- 2 ripe mangos, peeled, pitted, and diced
- 1 1/2 cups chicken breast, roasted and chopped
- 2 green onions, sliced
- 1 1/2 cups Savoy or Napa cabbage, shredded
- 2 medium carrots, grated
- 4 whole-wheat tortillas (8")
- 3 tbsp creamy peanut butter
- 1/3 cup fat free cream cheese
- 2 tsp soy sauce, low sodium

## DIRECTIONS

1. Cut mangos, vegetables, and chicken. Place in a mixing bowl and toss until well mixed.
2. Mix the peanut butter, soy sauce, and cream cheese together in a mixing bowl.
3. Lay out each tortilla, and spread 1/4 of the cream cheese mixture on each one.
4. Top each tortilla with the chicken mixture and roll up each tortilla.
5. Enjoy! (Keeps well overnight)

Recipe source: <https://www.myplate.gov/recipes/myplate-cnpp/asian-mango-chicken-wraps>



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