

Curry Chicken Salad Wrap

Serves 4

¼ cup lowfat mayonnaise
½ cup plain fat-free or lowfat yogurt
1 teaspoon yellow curry powder
12 ounces cooked chicken, diced
¼ cup red onion, diced
½ cup celery, diced
1 cup apple, skin on, diced
½ cup raisins
¼ cup flat-leaf parsley, chopped
Salt
Ground black pepper
4 12-inch whole wheat wraps
2 cups Romaine lettuce, shredded
1 cup grated carrot

1. Mix together the mayonnaise, yogurt, and curry powder in a large bowl. Add the chicken, onion, celery, apple, raisins and parsley; stir to combine. Season to taste with salt and pepper.
2. Lay out a whole wheat wrap and spread ¼ of the chicken salad mixture down the center leaving room at each end for folding. Top with ½ cup shredded lettuce and ¼ cup carrot.
3. Fold each end over the filling, then fold the long end over the filling and roll like a burrito. Slice in half to reveal the colorful layers inside.

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