
CANNELLINI-CHICKEN WRAPS

- ¼ cup red onion, finely chopped
- 2 tablespoons lemon juice
- ⅛ teaspoon black pepper
- dash of salt
- 1 tablespoon olive oil
- 1 can chicken or 12 oz. cooked chicken
- 1 (15 oz) can cannellini beans, rinsed and drained
- ¼ cup snipped fresh parsley
- 1 cup cherry tomatoes, quartered
- 6 8-inch whole wheat tortillas
- ½ cup thin carrot strips

1. For dressing, in a small bowl combine red onion, lemon juice, pepper, and salt. Whisk in olive oil; set aside.
2. In a large bowl slightly mash beans. Add chicken, tomatoes, and parsley. Pour dressing over bean and chicken mixture; stir gently.
3. To assemble, divide bean mixture among tortillas. Top with carrot. Roll up tightly.
4. Serve immediately or cover and chill up to 6 hours.

Serves 6; 1 wrap per serving. Per serving: 297 cal., 7 g total fat (1 g sat. fat), 33 mg chol., 402 mg sodium, 28 g carb., 14 g fiber, 29 g pro. Recipe adapted from *Diabetic Living, Diabetes What to Eat* cook book.

Cost: \$15.07

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