

Marinated Chicken Wraps • Serves 4

4	4-oz. chicken breasts
4	10-inch flour tortillas
1 bag	mixed greens
1 cup	tomatoes, sliced

CHICKEN MARINADE

¼ cup	soy sauce
3 Tbsp.	balsamic vinegar
⅓ cup	honey
¼ cup	extra-virgin olive oil
1	garlic clove, minced

Cut chicken breasts into 1-inch strips. Whisk together soy sauce, balsamic vinegar, honey, olive oil and garlic, and pour into a plastic bag. Add chicken strips, push out air, seal and place in the refrigerator to marinate for at least 4 hours.

Soak skewers in water for 10 minutes before threading on the chicken strips. Place on the grill and cook for about 6 to 8 minutes, turning frequently and basting with leftover marinade.

Next, grill the tortillas, lightly browning both sides. Place chicken strips in the middle of each tortilla, and top with mixed greens and tomatoes. Fold tortilla sides toward the middle, then roll to encase the filling. Serve.



NUTRITION PER SERVING:

Calories: 310; Calories from Fat: 70; Total Fat: 8g;
Saturated Fat: 2g; Cholesterol: 25mg; Protein: 16g;
Total Carbs: 42g; Fiber: 3g; Sugar: 5g; Sodium: 560mg