



**Nutrition Challenge: Week 10: Day 19**  
 Have fun cooking a healthy meal with your mom or dad this week:  
**Garden Chicken Wraps, Prep time: 5-10 minutes**



What you need: 4 whole-wheat wraps (8 inches), 2 cups store-bought rotisserie chicken (shredded), ½ cup shredded carrots, 1 avocado (thinly sliced), 1 cup baby spinach leaves, ¼ cup of your favorite fat-free/low-fat dressing (about 1 tablespoon per wrap) Equipment and supplies: Cutting board, Sharp knife, Measuring cups

What to do: 1. Place wraps side by side on a flat surface. Divide chicken into four portions (about ½ cup each). Place a portion of chicken on each wrap. 2. Top each wrap with carrots, avocado, and spinach. (Have an adult help with the chopping.) 3. Drizzle dressing evenly over each wrap. 4. Roll each wrap up tightly and cut on the diagonal. 5. Serve immediately or wrap tightly in aluminum foil and refrigerate for lunch the next day. How much does this recipe make? 4 wraps

I MET MY NUTRITION GOAL FOR WEEK 10!

Student Signature \_\_\_\_\_ Parent Signature \_\_\_\_\_

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