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Menu Musings
with
Julie May

Cranberry Cherry Chicken Wraps

Shopping List

Multigrain flat bread
3 oz Southwestern seasoned chicken breast strips
1 tbsp sundried tomatoes
2 tbsp cherry cranberry pecan mix
1 tbsp plain nonfat Laura Lynn Greek yogurt
Lettuce blend
Kosher salt and black pepper to taste
Tarragon vinegar

Cooking Instructions

Add the following to a large mixing bowl and stir:
3 oz Southwestern seasoned chicken breast strips
1 tbsp sundried tomatoes
2 tbsp cherry cranberry pecan mix
1 tbsp plain nonfat Laura Lynn Greek yogurt

Add kosher salt, black pepper, and tarragon vinegar to taste; Give it a final stir

Spoon mixture onto multigrain flat bread

Add lettuce on top

Wrap the flat bread into a tight cylinder

Cut in half

Tips for Meals on the Go

Getting good food quickly doesn't have to mean fast food. Taking just a little time to prep ahead of time will save you money and give you better tasting, healthier options for the whole family. With a meal like this one you can prepare the mixture the night before and refrigerate it until you're ready to make your wraps. And if you know that you've got a busy week, go ahead and make a couple meals worth. This will keep great in the fridge and you and your family will have a great lunch in a hurry. Enjoy!

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