

Chicken and Vegetable Wrap



Frozen wraps can be reheated for a quick, nourishing meal. If you're cooking for a family, each person can have a different wrap.

Yield: 4 servings

Ingredients	Quantity	Comments
Chicken, diced finely	1 lbs	Pork, beef, turkey, etc. could be substituted.
Bell peppers , diced or thin strips	1 pepper	Carrots, zucchini, green beans work well
Oil	1 Tbsp.	
Lime juice	1 tsp	Optional or choose a different seasoning
Salt	1/8 tsp	
Wraps	4	Choose your favorite wrap.

Instructions

- Warm oil over moderate heat in a large frying pan
- Add chicken and vegetables and stir until cooked
- Sprinkle with lime juice and salt, continue to fry for another few minutes
- Place 1/4 cup in a wrap and fold

Freezing

- Let the chicken and vegetables cool
- Make the wraps and freeze on a cookie sheet
- Store in a heavy freezer bag
- Bake at 350°C for about 35 minutes if frozen or 20 minutes if thawed

Variations

- Put the wraps in a baking dish and cover with other ingredients [e.g. cheese, salsa, etc.]
- Bean dip is also a great filling for wraps that freeze well.