



Eat Well

Chilled Tortilla Chicken Rolls

Directions

Mix cream cheese, yogurt, cheese and garlic until blended. Stir in chicken and veggies adding more veggies if desired. Spread onto tortilla. Roll up and chill for one hour before serving. Rolls can be sliced for appetizer or left in rolls for a quick meal. Serve with lettuce or salsa.

Ingredients

- » ½ block low-fat cream cheese, softened in microwave
- » 1 cup plain low-fat yogurt
- » ½ cup low-fat shredded cheese
- » 2 tsp garlic powder
- » 1 cup chopped cooked chicken
- » ½ red onion, sliced
- » 1 green bell pepper, sliced
- » 1 cup sliced mushrooms
- » 4 medium (45 g) whole-wheat tortillas

Nutrition information per serving:

Calories 307, Total Fat 11 grams, Saturated Fat 6 grams, Sodium 479 mg, Total Carbohydrate 31 grams, Fiber 4 grams, Protein 23 grams.

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