A delicious combination of ingredients come together to create the Greek Chicken Wrap with Tzatziki Herb Yogurt Sauce. For the less adventurous diners in the group serve the wraps buffet style and let everyone make their own with or without all the ingredients. Broccoli Salad Supreme is a nutritious side packed with flavor and the “secret” ingredients, prune puree and black beans, in the Chocolate Espresso Brownies will have everyone guessing.

CHICKEN WRAP - SALAD - BROWNIES

Take the stairs. Or even park farther away at the store, every step counts.
**ENTREE GREEK CHICKEN WRAP WITH TZATZIKI HERB YOGURT SAUCE**

**PREP**

> For the sauce: In a medium bowl, combine the first seven ingredients until blended. Sauce may be made up to 2 hours in advance. Cover and refrigerate until serving.

> For the wrap: Place chicken breast in a plastic bag and add Italian dressing. Let the chicken marinate for 15 minutes; pound and flatten to about 1/2 inch thickness; and remove chicken. In a large non-stick skillet over medium heat, cook chicken breast for 5 minutes per side or until nicely browned and cooked through. Place chicken on a cutting board and slice thinly against the grain; set aside. Warm pitas in microwave oven 30 seconds. Place one pita on a plate and spread 1/2 cup of the lettuce and 1/4 of the chicken slices on top. Sprinkle 1/4 each of the tomatoes, onion, feta, and olives. Spoon some of the tzatziki sauce over top and fold in edges of pita. Wrap pitas. Serve immediately with additional sauce on side.

**Nutrition facts per serving:**
Calories: 340, Total Fat: 6 g, Cholesterol: 30 mg, Sodium: 693 mg, Potassium: 0, Calcium: 242 mg, Total Carbohydrate: 51 g, Fiber: 6 g, Protein: 24 g, Vitamin D: 42 IU

**SIDE BROCCOLI SALAD SUPREME**

**PREP**

> Place chopped pecans in a single layer in a shallow baking dish. Bake at 350° F for 5-7 minutes or until lightly toasted, stirring occasionally. Stir together mayonnaise, sugar and vinegar in a large bowl; add broccoli, onion, and cranberries, gently tossing to coat with dressing. Cover and chill 1 hour. Sprinkle pecans and bacon over dish just prior to serving.

**Nutrition facts per serving:**
Calories: 180, Total Fat: 12 g, Cholesterol: 10 mg, Sodium: 290 mg, Potassium: 244 mg, Calcium: 37 mg, Total Carbohydrate: 16 g, Fiber: 3 g, Protein: 4 g, Vitamin D: 0 IU

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**INGREDIENTS**

**ENTREE GREEK CHICKEN WRAP WITH TZATZIKI HERB YOGURT SAUCE**
2 cups yogurt, plain fat-free
1 cup cucumber
2 tablespoons fresh dill, chopped
1 tablespoon lemon juice
1 tablespoon white vinegar
2 teaspoons garlic, minced
1/4 teaspoon salt (Optional)
1– 6 ounce chicken breast, boneless, skinless
1 tablespoon Italian dressing, light
4 (6 inch) pitas, whole wheat
2 cups romaine lettuce, chopped
1 medium tomato, seeded and chopped
1/2 cup thinly sliced red onion
1/4 cup feta cheese, crumbled
4 olives, Kalamata or black, pitted, sliced

**SIDE BROCCOLI SALAD SUPREME**
1/3 cup chopped pecans
1 cup light mayonnaise
1/3 cup sugar
2 tablespoons apple cider vinegar
1 1/2 pound fresh broccoli florets, chopped
1/4 cup chopped red onion
1/3 cup sweetened dried cranberries
3 slices bacon, cooked and crumbled
DESSERT CHOCOLATE ESPRESSO BROWNIES

Serves: 16 (2 1/4 inch square per serving)

INGREDIENTS
- 1 cup black beans, canned
- 1/4 cup canola oil
- 3 ounces prune puree
- 1 large egg
- 2 large eggs, white only
- 1/4 cup unsweetened cocoa powder
- 1/3 cup sugar
- 1 teaspoon dry coffee
- 1 teaspoon vanilla extract
- 1/3 cup semisweet chocolate baking bits
- 1/3 cup all-purpose wheat flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 1/3 cup chopped walnuts

PREP

> Preheat oven to 350° F. Grease a 9x9 inch square pan. In a blender, puree the beans with the oil and prune puree. Add the eggs, cocoa, sugar, coffee, and vanilla. Melt half the chocolate chips and add to the blender. Blend on medium-high until smooth. In a small bowl, whisk together the flour, baking powder, and salt. Add to the blender and pulse until just incorporated. Pour into the prepared pan. Sprinkle the remaining chocolate chips and walnuts on top of the batter. Bake until surface looks somewhat matte around the edges and still somewhat shiny in the middle, about 20 minutes. Let cool at least 15 minutes before cutting and removing from the pan.

Nutrition facts per serving: Calories: 129, Total Fat: 7 g, Cholesterol: 13 mg, Sodium: 168 mg, Potassium: 127 mg, Calcium: 15 mg, Total Carbohydrate: 16 g, Fiber: 2 g, Protein: 3 g, Vitamin D: 2 IU