Dinner Tonight!

Chicken Taco Wraps

Ingredients:
4 boneless chicken breasts, cut into thin strips
1 – 15 ounce can whole kernel corn, drained
1 - 14.5 ounce can black beans, rinsed & drained
1 cup salsa
1 Tablespoon taco seasoning
10 flour tortillas

Toppings:
1 cup grated cheddar cheese
2 cups shredded lettuce
Low-fat ranch dressing

In a skillet cook chicken until juice runs clear. Add corn, beans, salsa and taco seasoning. Heat through. Spoon the chicken mixture down the center of each tortilla. Garnish with toppings of your choice.

Optional toppings:
Sliced tomatoes, radishes, sliced green onions or non-fat sour cream

Preparation Time:  15 minutes
Cook Time:   15 minutes
Yield: 4 servings
Cost per serving: $1.25
Serve with: Spanish rice, salsa, baked tortilla chips

Nutrition facts per serving:
Calories: 437
Total Fat: 22 g
Cholesterol: 50 mg
Sodium: 1023 mg
Total Carbohydrate: 36 g
Protein: 22 g