

# Chicken Wraps

*Tender, moist chicken with a hint of lime and just the right amount of spices to make it memorable.*

Chopped fresh cilantro or parsley (or 1 tbsp., 15 mL, dried)	1/4 cup	60 mL
Cooking oil	3 tbsp.	50 mL
Dried crushed chilies (optional)	2 tsp.	10 mL
Ground cumin	1 tsp.	5 mL
Garlic cloves, minced (or 1/2 tsp., 2 mL, powder)	2	2
Boneless, skinless chicken breast halves	1 lb.	454 g
Lime juice	1/4 cup	60 mL
Corn relish	1/4 cup	60 mL
Sour cream	1/4 cup	60 mL
Flour tortillas (10 inch, 25 cm, diameter)	4	4
Large ripe avocado, sliced	1	1
Red medium pepper, seeds and ribs removed, thinly sliced	1	1
Grated medium Cheddar cheese	1 cup	250 mL

Combine first 5 ingredients in medium bowl.

Add chicken. Stir. Cover with plastic wrap. Chill for at least 1 hour, stirring occasionally.

Add lime juice to chicken mixture. Stir. Drain and discard liquid. Preheat barbecue to medium. Cook chicken on greased grill for 10 to 15 minutes per side until no longer pink inside. Cut diagonally into thin slices. Cover to keep warm.

Measure corn relish and sour cream into small bowl. Stir. Spread about 2 tbsp. (30 mL) on each tortilla.

Divide and layer chicken, avocado, red pepper and cheese across centre of each tortilla, leaving 2 inches (5 cm) at each side. Fold sides over filling. Roll up from bottom to enclose filling. Slice in half diagonally. Serves 8.

*1 serving: 337 Calories; 18.3 g Total Fat (8.2 g Mono, 3.3 g Poly, 5.4 g Sat); 59 mg Cholesterol; 21 g Carbohydrate; 2 g Fibre; 23 g Protein; 252 mg Sodium*

**Variation:** Brush wraps with 1 tbsp. (15 mL) cooking oil. Cook wraps on greased grill on medium for 5 to 7 minutes, turning occasionally, until crisp and golden.