



Curried Chicken Wrap

PREPARATION TIME: 15 MINUTES

MAKES: 2 LARGE WRAPS

- 1 boneless, skinless chicken breast, cooked and shredded
 - 10 oz. (284 mL) tin Money's Mushrooms, Pieces and Stems, no salt, drained
 - 1 large peeled carrot, grated
 - 2 whole green onions, minced
 - 2 T. (25 mL) fresh minced cilantro
 - 1/3 cup (75 mL) plain non fat yogurt
 - 1 to 2 tsp. (5 to 10 mL) curry paste
 - 2 tortilla wraps
 - 2 large leaves curly lettuce
1. To make filling, combine chicken, mushrooms, carrot, onions, and cilantro in a bowl and fold together until evenly blended.
 2. Stir yogurt and curry paste together in a small bowl and fold into chicken and mushroom mixture.
 3. Line a tortilla with lettuce.
 4. Spoon half the chicken filling down the centre.
 5. Roll up tightly.
 6. Repeat with remaining tortilla.

Calkins & Burke Ltd.

800 - 1500 West Georgia St., Vancouver, BC, Canada V6G 2Z6
Phone: (604) 669-3741 - Fax: (604) 669-9732 - Toll-free: (800) 669-7992
Web Site: www.calbur.com - Email: info@calbur.com