

# HEALTHY LUNCHBOX RECIPES



## Tasty chicken wraps

### Ingredients (Serves 4)

- 4 wraps or soft flour tortillas
- 4 tablespoons low-fat soft cheese
- 4 tablespoons low-fat natural yogurt
- 1 skinless roast chicken breast, chopped into small chunks
- 100g canned sweetcorn, drained
- ¼ cucumber, finely chopped
- 4 crisp lettuce leaves, shredded
- Ground black pepper

### Equipment

Mixing bowl, knife, chopping board and cling film.

### Method

1. Lay out the wraps or tortillas on a work surface.
2. In a mixing bowl, stir the soft cheese and yogurt together until smooth.
3. Add the chicken, sweetcorn and cucumber. Season with some pepper, then mix well. Spread an equal amount over each wrap, then top with the lettuce.
4. Roll up each wrap tightly, slice in half, then wrap in cling film. Keep cool until ready to serve.

**Preparation time:** 15 minutes

**Cooking time:** None

Approximate cost for recipe: £3.20

Approximate cost per serving: 80p

### Handy hints

- If you're packing these wraps into a lunch box, try to remember to put a small ice pack in with them to keep them cool and fresh.
- If you're not keen on cucumber or sweetcorn, use grated carrot instead.

