

Waldorf Chicken Wraps

1 cup nonfat plain yogurt or 3/4 cups nonfat Greek-style yogurt

2 tablespoons mayonnaise

1 tablespoon lemon juice

2 teaspoons Dijon Mustard

1/4 teaspoon salt

1 teaspoon minced thyme

1 pound cooked, skinless chicken breast cut into 1/2-inch cubes

1/2 cup seedless grapes, sliced in 1/2

1/4 cup toasted, coarsely chopped walnuts

1 medium apple, cored and diced (about 3/4 cup)

Freshly ground black pepper

5 large leaves Romaine lettuce, rinsed and patted dry

5 whole-wheat wraps, about 8 inches in diameter

If using regular yogurt place the yogurt in a strainer lined with a paper towel. Put the strainer over a bowl and place in the refrigerator to drain and thicken for 30 minutes.

In a small bowl, combine the thickened or Greek-style yogurt, mayonnaise, lemon juice, mustard, salt and thyme until smooth. Fold in chicken, grapes, walnuts and apples. Season with pepper.

Place 1 lettuce leaf on a wrap. Spoon about 3/4 cup of the chicken filling onto wrap and roll wrap around filling.

Nutrition Information Per Serving

Calories 420

Total Fat 15g

Saturated Fat 2g

Monounsaturated Fat 1.7g

Polyunsaturated Fat 3.5g

Cholesterol 80mg

Sodium 470mg

Protein 36g

Carbohydrates 35g

Fiber 3.5g

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