

Featured Recipe at

The Nest

in Louisville Hall



Ingredients:

- 1 (10 oz) can of light chunk chicken in water, drained
- 1 (8 oz) can of pineapple tidbits in juice, drained
- 1 (10 oz) can of mandarin oranges, drained and chopped
- 1 large celery stalk, chopped coarsely (optional)
- 1/4 medium red onion, chopped (optional)
- 3 tbsp light mayo
- 1/8 tsp of ground ginger or curry powder (optional)
- 4 (6 inch) whole wheat tortillas
- 1 cup dark green lettuce or fresh spinach leaves

The Nest convenience store

located in Louisville Hall.

basicpantry

UofL Campus Health Services

UofL Dining Services
by students

Tropical Chicken Salad Wrap

Directions:

- Mix chicken, pineapple, oranges, mayo, and any of the optional celery, onion, and/or spices
- Place tortilla on plate, put $\frac{1}{4}$ cup of lettuce or spinach in center of tortilla
- Spoon $\frac{1}{4}$ of chicken salad mix down center of tortilla
- Roll up and Enjoy!

| Nutrition Facts | |
|---|------------------------|
| Serving Size: 1 Wrap | |
| Calories 295 | Calories from Fat 62.8 |
| % Daily Value * | |
| Total Fat 6.98g | 10% |
| Saturated Fat 1.83 g | 6% |
| Cholesterol 31.25mg | 10% |
| Sodium 621.34mg | 25% |
| Total Carbohydrates 34.53g | 11% |
| Dietary Fiber 9.87g | |
| Sugars 19.28g | |
| Protein 20.35g | 40% |
| <small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small> | |

Tip:
assembling wrap immediately before eating will keep it from getting soggy!

- Refrigerate any leftovers!

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