



Wrapped & Rolled Grilled Chicken and Apples

Courtesy of Tyson Foods, Inc.

Makes 6 One-Half Wrap Servings

Grilled Chicken Ingredients:

20 ounces Tyson® Trimmed & Ready Thin Sliced Boneless
Skinless Chicken Breasts
2 tablespoons light olive oil
1 pinch five-spice powder, commercially prepared
1 pinch salt and black pepper

Asian Pesto Dressing Ingredients:

1/2 cup sweet basil, finely chopped
1/2 cup fat-free yogurt
1/2 tablespoon fresh ginger, peeled and minced
2 tablespoons apple cider or unfiltered apple juice
1 ounce mint, finely chopped
1 pinch salt and black pepper

Filling Ingredients (Pre-Mixed):

16 ounces brown and wild rice, precooked
(Uncle Ben's Ready Rice: B & W)
2 Granny Smith apples, chopped and seeded
1/2 red bell pepper, julienne cut and seeded
1/4 cup golden raisins

Wrap Ingredients:

3 Tyson® 12" Honey Wheat Wrap



Preheat indoor grill or griddle to 350 degrees Fahrenheit. Season chicken breast with oil, five-spice powder, salt and pepper.

In a small chopper or blender, add basil, yogurt, ginger, apple cider, mint, salt and pepper. Blend until smooth, scraping sides to fully incorporate ingredients. Place condiment in a squeeze bottle for later use and refrigerate.

Grill the seasoned chicken on both sides until fully cooked at 165 degrees Fahrenheit. Allow to rest for 2 minutes and then slice into thin strips.

Slightly warm honey wheat wrap on the bar grill so that it is pliable and can roll easily.

For Two Servings: On a clean surface, lay wrap down, and add the following ingredients in order: 4 ounces precooked rice, 5 ounces of grilled chicken and 1 ounce of Asian Pesto Dressing. Fold wrap over and secure tightly. Cut in half and serve.

Nutrition Facts	
Serving Size 1/2 WRAP (179g)	
Servings Per Container 6	
Amount Per Serving	
Calories 330	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 2g	10%
Trans Fat 0g	
Polyunsaturated Fat 3g	
Monounsaturated Fat 4g	
Cholesterol 45mg	15%
Sodium 370mg	15%
Total Carbohydrate 38g	13%
Dietary Fiber 3g	12%
Sugars 7g	
Protein 22g	
Vitamin A 4%	• Vitamin C 10%
Calcium 6%	• Iron 10%
<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>	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	