



simply healthy

from your Hannaford Dietitian

4-Ingredient Dinner: Southwest Chipotle Chicken Wrap

A simple, healthy meal created from just 4 ingredients? Yes, please!

In a large bowl, prepare chopped salad kit. Set dressing packet aside.	Mix in 2 cups hot or cold chopped rotisserie chicken breast.	Spoon 3/4 cup of mixture onto edge of each wrap. Top with diced avocado.	Squeeze half of salad kit chipotle dressing packet over each wrap. Roll up wrap and slice in half. Enjoy.
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Nutritional Information (4 servings)

Amount per half wrap serving: Calories 410; Total Fat 22 g; Saturated Fat 6 g; Sodium 670 mg; Carbohydrate 31 g; Sugar 4 g; Fiber 7 g; Protein 22 g

That's a wrap! Dinner's ready to go...

Interested in learning more?

Our registered dietitians offer free nutrition education in-store and online. They can give you the information you need to make the healthy lifestyle changes you want. For free nutritional advice, you can contact your Hannaford Dietitian or email a private message to our online registered dietitian at dietitian@hannaford.com.

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