



## Curried Chicken Wraps

You can use curry powder in a variety of recipes. In this recipe, it adds a wonderful flavor to the familiar wrap.

**Ages:** 3–5 years

**Makes:** 6 servings

**Prep time:** 15 minutes

**Cook time:** 0 minutes

### *the* INGREDIENTS

**¼ cup** Greek yogurt, non-fat, plain

**¼ tsp** curry powder

**¾ cup (3 oz)** chicken, boneless, skinless, cooked, ¼" diced

**¾ cup + 2 Tbsp** apples, fresh, unpeeled, ¼" diced (gently wash apples under running water before cutting)

**¼ cup + 2 Tbsp** raisins, golden

**3** tortillas, whole-wheat (8" across, at least 42 g or 1 ½ oz each)

### *the* DIRECTIONS

- 1.** Wash hands with soap and water for at least 20 seconds.
- 2.** In a medium bowl, combine yogurt and curry powder. Stir until well-blended.
- 3.** Using a rubber spatula, fold in chicken, apples, and raisins (see notes).
- 4.** Place ½ cup chicken salad in the center of each tortilla. Fold each side of tortilla in, then roll up.
- 5.** Place seam-side down on a cutting board and cut in half.
- 6.** Serve 1 half of wrap. Serve immediately, or keep cold at 40 °F or lower.

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## NUTRITION INFORMATION

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1 half Curried Chicken Wrap

<b>Nutrients</b>	<b>Amount</b>
<b>Calories</b>	<b>120</b>
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<b>Total Fat</b>	<b>2 g</b>
Saturated Fat	0 g
Cholesterol	11 mg
<b>Sodium</b>	<b>164 mg</b>
<b>Total Carbohydrate</b>	<b>20 g</b>
Dietary Fiber	2 g
Total Sugars	8 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>6 g</b>
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Vitamin D	N/A
Calcium	24 mg
Iron	0 mg
Potassium	N/A

N/A = Data not available

*Source:* Team Nutrition CACFP Easy Recipe Project


[TeamNutrition.USDA.gov](http://TeamNutrition.USDA.gov)

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## CACFP CREDITING INFORMATION

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¼ cup fruit  
½ oz eq meat  
¾ oz eq grains 

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## CHEF TIPS

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- **Contains milk (yogurt) and wheat (tortillas).** Tortillas can be a hidden source of common allergens which include, milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- Sesame can appear as an ingredient in foods where it might not be expected (tortillas) and may be included in ingredient statements as “spice” or “flavoring.”
- **Choking Prevention:** Dried fruit can be a choking risk for children under the age of 4.
- Yogurt must not contain more than 23 grams of total sugars per 6 ounces.
- If preparing in advance, store chicken salad in an airtight container at 40 °F or lower until ready to assemble wraps.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.