



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: 6–18 years
Makes: 6 servings

Prep time: 15 minutes
Cook time: 0 minutes



the INGREDIENTS

- ½ cup** Greek yogurt, non-fat, plain
- ½ tsp** curry powder
- 1 ½ cups (6 oz)** chicken, boneless, skinless, cooked, ¼" diced
- 1 ¾ cups** apples, fresh, unpeeled, ¼" diced (gently wash apples under running water before cutting)
- ¾ cup** raisins, golden
- 6** 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 2 halves. Serve immediately, or keep cold at 40 °F or lower.

the NUTRITION INFORMATION

2 halves Curried Chicken Wrap

Nutrients	Amount
Calories	231

Total Fat	4 g
Saturated Fat	1 g
Cholesterol	22 mg
Sodium	308 mg
Total Carbohydrate	39 g
Dietary Fiber	5 g
Total Sugars	17 g
Includes Added Sugars	N/A
Protein	13 g


Vitamin D	N/A
Calcium	49 mg
Iron	1 mg
Potassium	N/A

N/A = Data not available


Source: Team Nutrition CACFP Easy Recipe Project

TeamNutrition.USDA.gov

the CACFP CREDITING INFORMATION

½ cup fruit
 1 oz eq meat
 1 ½ oz eq grains 

the CHEF TIPS

- **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.”
- 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.