

## Crunchy Hawaiian Chicken Wrap

¼ cup light mayonnaise

1/8 cup white vinegar

¼ cup sugar

1 teaspoon poppy seeds

1 ½ teaspoons garlic powder

1 ½ teaspoons onion powder

1 ½ teaspoons chili powder

2 cups fresh broccoli, shredded

1 ½ cups fresh carrots, peeled, shredded

¼ cup canned crushed pineapple, in 100% juice, drained

1 cup fresh spinach, chopped

3 cups cooked diced chicken

6 whole-wheat tortillas, 10"

In a small mixing bowl, combine mayonnaise, vinegar, sugar, poppy seeds, garlic powder, onion powder, and chili powder for the dressing. Mix well. Cover and refrigerate.

Combine broccoli, carrots, pineapple, and spinach in a large bowl. Stir in dressing and chicken. Mix well. Serve immediately or cover and refrigerate.

For each wrap, place 2/3 cup filling on tortilla. Roll up burrito style. Cut diagonally in half. Serves 6.

Note: For lunches, consider sending the filling in a separate container. The child can then spread on the tortilla before eating.