

## Taco Tuesday: Chicken & Black Bean Taco Wraps

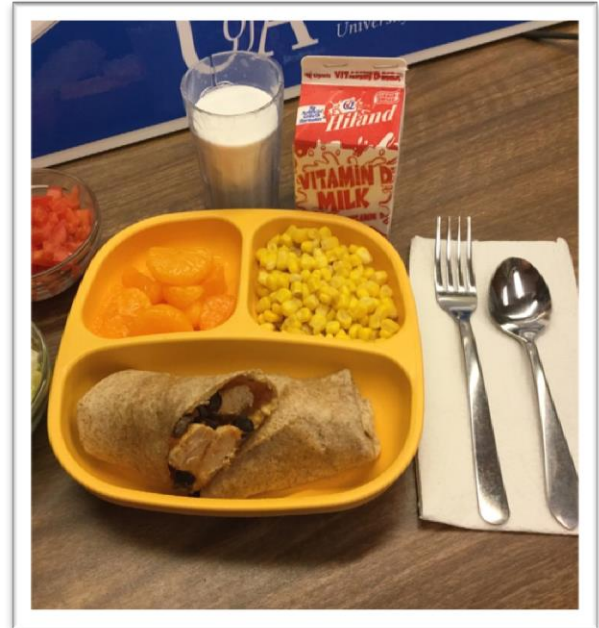
Arkansas Children's Week  
Week of the Young Child  
2016

### Ingredients needed:

4 chicken breasts, cut into strips  
1 14.5 oz can black beans, drained and rinsed  
 $\frac{3}{4}$  c. salsa  
2-3 tsp. Taco seasoning  
 $\frac{3}{4}$  cup low fat shredded cheese  
10 whole wheat tortillas

### Toppings:

Lettuce  
Chopped tomatoes  
Low fat sour cream  
Low fat ranch dressing



### Directions:

In an electric skillet, cook chicken strips until they are cooked through (165 degree Fahrenheit). Add the beans, salsa, and taco seasoning to the cooked chicken until heated. To assemble the wrap, spray the tortilla with cooking spray or brush with olive oil. Place a tortilla flat on a plate, spoon the chicken mixture down middle of the tortilla and sprinkle cheese on top of the mixture. If you would like to add more toppings, place them on top. Next, fold in the sides and wrap up the tortilla so the seam side is down. Continue to assemble wraps and place on cookie sheet. Place in 350 degree oven about 5 minutes or until the tortillas are sealed. Cut the wrap in half and serve.

Serves 5 (adjust servings for young children)

*Plating ideas:* Serve with a side of corn, citrus fruit and low fat milk.

### Social Media efforts:

- [YouTube](#)
- Taco Wrap video. The link is provided below.
- <https://www.youtube.com/watch?v=YSLJh8snhss>
  
- [Pinterest](#)
- Follow Best Care Connected for more healthy recipe ideas!