

Vegetable chicken roll-ups



Recipe credit

University of Minnesota Extension Department of Family, Health and Wellbeing staff

About this recipe

Serves

6

Serving size

1/6 of prepared recipe

Time to make

15 minutes preparation

Special criteria

[Summer meals in a SNAP](#)

Ingredients

- 1 1/2 cups cooked chicken, diced
- 1/2 cup celery, chopped
- 1/2 apple, chopped
- 1 cup vegetables (broccoli, peppers, spinach, etc.), diced
- 1/2 cup low-fat mayonnaise
- 6 tortillas

Directions

1. Mix all ingredients together.
2. Place 1/2 cup of mixture on each tortilla, spread and roll up.
3. Serve. Refrigerate leftovers.

Tips and variations

- You can use canned chicken for this recipe. Use low-sodium chicken if you can find it. Drain the can before using.
- This recipe also makes a great filling for whole wheat pita pockets or bread. Or add a scoop on top of a garden salad.

Nutritional info

Calories

255

Total fat

11.1 g

Saturated fat

3.4 g

Cholesterol

34.4 mg

Sodium

416 mg

Total carbohydrates

23.8 g

Dietary fiber

4.8 g

Protein

14.6 g

Total sugar

3.7 g

Allergens

Wheat

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