

Veggie Power Blend Pineapple Pesto Chicken Wrap

Servings

1 wrap

Calories

910

Prep Time

10 minutes

Total Time

10 minutes

Skill Level

Easy

Ingredients

- 1 cup Mann's Veggie Power Blend
- 2 tablespoons Pineapple Pesto (recipe below)
- 4 ounces rotisserie chicken, shredded
- 2 tablespoons Citrus Aioli (recipe below)
- 1 (12 inches) wheat tortilla

Pineapple Pesto

- 2 tablespoons flat leaf parsley, chopped
- 1 cup pineapple, diced
- 2 tablespoons basil, chopped
- 1 tablespoon garlic, minced
- $\frac{2}{3}$ cup olive oil

Citrus Aioli

- 1 $\frac{1}{2}$ cups mayonnaise
- 2 tablespoons lemon juice
- 2 tablespoons orange juice

The Method

In a small bowl toss 1 cup of Mann's Veggie Power Blend with 2 tablespoons of pineapple pesto.

Spread citrus aioli evenly across tortilla, leaving $\frac{1}{2}$ -inch border. Add shredded chicken and dressed Mann's Veggie Power Blend.

Like a burrito, fold sides inward then roll from top to bottom. Slice in half to serve.





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For Pesto

In a food processor combine parsley, pineapple, basil, garlic, and olive oil. Pulse to desired consistency.

Hold refrigerated, up to 48 hours.

For Aioli

In a mixing bowl combine all ingredients, mix thoroughly to combine.

Hold refrigerated, up to 48 hours.

Nutrition Facts

Serving Size: 518g | Servings: 1

Amount Per Serving

Calories 910 | Total Fat 54g (sat fat 11g trans 0g) | Cholesterol 125mg | Sodium 1400mg | Total Carbohydrate 70g | Dietary Fiber 8g |
Sugars 8g | Protein 44g | Vitamin D 0% | Calcium 30% | Iron 30% | Potassium 15%