



Pineapple Pesto Chicken Wrap

Servings

1

Calories

1040

Prep Time

15 minutes

Total Time

30 minutes

Skill Level

Easy

Ingredients

- 1 cup Mann's Veggie Power Blend™
- 2 tablespoons Pineapple Pesto (recipe below)
- 1 (4 ounces) rotisserie chicken, shredded
- 2 tablespoons citrus aioli (recipe below)
- 1 (12") wheat tortilla

Pineapple Pesto

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

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

Citrus Aioli

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

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





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The Method

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

Spread citrus aioli evenly across tortilla, leaving ½-inch border. Add shredded chicken and dressed Mann's Power Blend™.

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

Nutrition Facts

Serving Size: 1040g | Servings: 1

Amount Per Serving

Calories 1040 | Total Fat 75g (sat fat 16g trans 0g) | Cholesterol 220mg | Sodium 1710mg | Total Carbohydrate 59g | Dietary Fiber 3g | Sugars 5g (Includes 1g Added Sugars) | Protein 40g | Vitamin D 0% | Calcium 25% | Iron 30% | Potassium 15%