

FUEL YOUR FAMILY WITH MANGOS!

Between soccer practice, homework and the orthodontist, it's hard to find time to get a meal on the table, not to mention create a dish that is both nutritious and fun.

The **Taste of the Tropics Mango Kid's Wrap** is a satisfying, delicious solution. It offers important vitamins and minerals your family needs to fuel up with the flavors they love, including juicy chicken, refreshing mango and zesty cilantro. It all comes together with a calcium-rich, tangy and creamy Greek yogurt dressing. This recipe is so simple it can be on a lunch plate or in a snack bag in 15 minutes flat. Perfect for families on the go!



With the sweet, succulent flavor of mangos, there is no need to sacrifice taste for nutrition. Available year round, mangos provide more than 20 essential vitamins and minerals, are an excellent source of vitamins A and C and are rich in fiber – all for just 100 calories per serving.

Taste of the Tropics Mango Kid's Wrap

Makes 4 servings

Prep Time: 15 minutes

Ingredients:

- 1 small ripe, slightly soft mango, peeled and pitted
- 1 cup Greek yogurt
- 1/4 teaspoon cumin
- Pinch cayenne pepper
- 1/2 teaspoon garlic powder
- 1/2 teaspoon kosher salt
- 1 tablespoon lime juice
- 2 tablespoons olive oil
- 2 cups large chicken breasts, pre-cooked and sliced, seasoned with salt and pepper to taste
- 1 cup shredded romaine lettuce
- 1 tablespoon freshly chopped cilantro
- 1 small ripe, slightly soft mango, peeled, pitted and cubed
- 4 large flour tortillas

Instructions:

For the sauce:

Place the mango, yogurt, cumin and cayenne in a blender and blend together well. Add 1 tablespoon water to thin the mixture if necessary. Refrigerate until ready to use.

To prepare the wrap filling:

In a small bowl whisk together the garlic, salt, lime juice and olive oil. Place chicken and lettuce in a large bowl and add dressing. Fold in the cilantro and mango.

To finish the wrap:

Place the tortilla on a clear work space. Spread 1 tablespoon sauce over the wrap. Next scoop 1/2 to 3/4 cup of the mango chicken salad in the center, fold up both sides and roll up. Repeat with remaining tortillas. Serve with remaining sauce on the side.

Serving Suggestions:

Serve with baked chips. Turn leftovers into a quesadilla by adding your favorite cheese and melting, or serve as a simple salad without tortillas.