

Chicken and Salad Wraps



These are great for when your children start complaining about sandwiches.

Ingredients

1 piece of wrap bread
50g diced cooked lean chicken
Shredded carrot, lettuce and red pepper
Grated cheese
1 tbsp corn kernels

Method

- Lay chicken at one end of wrap. Top with all other ingredients. Roll up firmly, cut in half and then wrap tightly with cling wrap.