

BARE® Curry Chicken Salad Wrap

Ingredients

- 1/3 cup plain Greek yogurt
- 1/4 cup mango chutney
- 2 tbsp mayonnaise
- 1 tbsp curry powder
- 1 tsp garam masala
- 1/2 tsp salt
- 1/2 tsp black pepper
- 2 stalks celery, finely diced
- 1/3 cup Crispy Reds Apple, coarsely chopped
- 1/3 cup chopped almonds
- 2 green onions, thinly sliced
- 2 cups chopped rotisserie or leftover cooked chicken
- 2 cups arugula
- 4 large flour tortillas

How to make it

1. In large bowl, stir together yogurt, mango chutney, mayonnaise, curry powder, garam masala, salt and pepper. Stir in celery, BARE® Crispy Reds Apple, almonds and green onions. Fold in chicken until coated.
2. Arrange arugula down center of each tortilla, leaving a 1-inch border. Top with chicken salad. Fold up bottoms of wraps over filling, then fold in sides and, starting from the bottom, roll tightly. Cut in half to serve if desired.



PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
25 min	0 min	25 min	4

Made with