

SMOKEY CHICKEN WRAP

For High Blood Pressure

Ingredients

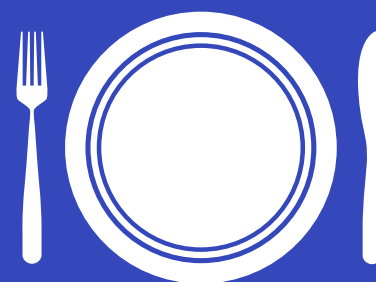
- 1 tbsp olive oil
- 1 lb chicken breast, diced
- 1 can (15 oz) low sodium black beans, drained and rinsed
- 1 can (15 oz) low sodium corn, drained and rinsed
- ½ tsp black pepper
- ½ tsp cumin
- ½ tsp garlic powder
- ½ tsp oregano
- 1 package of whole wheat tortillas

Cooking Instructions

1. Heat 1 tablespoon olive oil over medium heat
2. Add diced chicken and sauté for 5-7 minutes
3. Add corn and black beans
4. In a small bowl mix together pepper, cumin, garlic and oregano
5. Evenly distribute spice mix over chicken, beans and corn
6. Stir well to combine
7. Continue to cook chicken until it has reached an internal temperature of 165 degrees Fahrenheit
8. Portion out 4 servings of chicken mixture
9. Plate one serving of chicken mixture in a single tortilla



**MAKES 4
SERVINGS**



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NUTRITION BREAKDOWN

Nutrition Facts	
1 servings per container	
Serving size	(364g)
Amount Per Serving	
Calories	430
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 3g	15%
<i>Trans</i> Fat 0g	
Cholesterol 65mg	22%
Sodium 360mg	16%
Total Carbohydrate 49g	18%
Dietary Fiber 13g	46%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 38g	76%
Vitamin D 0mcg	0%
Calcium 143mg	10%
Iron 4.14mg	25%
Potassium 846mg	20%
Vitamin E	10%
Vitamin B6	10%
Folate	35%
Magnesium	20%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Folic acid is important for red blood cell formation and this recipe contains 35% of your daily needs!

With the combo of beans and whole grains, this recipe provides 13 grams of dietary fiber, which is 48% of what you need in a day!

Provides a balanced meal with the combination of fats, carbohydrates and protein that will give you everything you need to stay healthy and energized.



COST BREAKDOWN

SHOPPING LIST	COST	COST PER SERVING
1 large chicken breast (1 lb)	\$3.98	\$1.43
1 can (15 oz) black beans	\$1.16	\$0.29
1 can (15 oz) corn	\$0.64	\$0.16
Cumin	\$1.28	\$0.32
Oregano	\$1.12	\$0.28
1 package whole wheat tortilla	\$2.67	\$0.66

*Prices based on 4 servings, calculated from Walmart.com

Looking to reduce the cost? The chicken in this recipe could also be replaced by double the portion of black beans!

Have leftovers? Store chicken, corn and beans in an airtight container in the fridge, and keep tortillas in an airtight container or wrapped in foil at room temperature.

