

Chicken and Bacon Roll-Ups

**Prep Time**

10 Mins

Yield

4 servings (serving size: 1 wrap)

Barbara Lauterbach July 2007**COOKING LIGHT**

Made hearty with shredded chicken, these easy sandwiches can be endlessly adapted to suit any taste.

Ingredients

1/2 cup reduced-fat mayonnaise

1 teaspoon minced fresh tarragon

2 teaspoons fresh lemon juice

4 (2.8-ounce) whole wheat flatbreads
(such as Flatout)

2 cups shredded romaine lettuce

2 cups chopped tomato (about 2
medium)

4 center-cut bacon slices, cooked and
drained

2 cups shredded skinless, boneless
rotisserie chicken breast

How to Make It

Combine reduced-fat mayonnaise, minced tarragon, and fresh lemon juice in a small bowl. Spread 2 tablespoons mayonnaise mixture over each flatbread. Top each with 1/2 cup shredded romaine lettuce, 1/2 cup chopped tomato, 1 bacon slice, crumbled, and 1/2 cup chicken. Roll up.

Nutritional Information

Calories 433, Calories from fat 27%,
Fat 13g, Satfat 2.6g, Monofat 2g,
Polyfat 0.9g, Protein 34.8g,
Carbohydrate 44.2g, Fiber 5.5g,
Cholesterol 66mg, Iron 3.1mg,
Sodium 925mg, Calcium 49mg.

