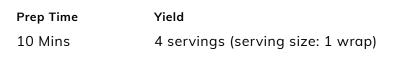
# Chicken and Bacon Roll-Ups



#### Barbara Lauterbach July 2007

#### COOKING LIGHT

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

## Ingredients

### How to Make It

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

## **Nutritional Information**

Calories 433, Caloriesfromfat 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. 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.

