Chicken Burritos

Ingredients:
1 cup skinless, boneless chicken breasts, skinless (two breasts) cooked, chopped
10 ounces corn, frozen, thawed
2/3 cup salsa
1 tomato, chopped
4 ounces low fat cheddar cheese
6 lettuce leaves
6 whole wheat flour tortillas

Equipment:
Cutting board
Knife
Measuring cups
Non stick skillet
Large spoon

Number of Servings: 6
Prep Time: 15 minutes
Total Time: 15 minutes

Directions
2. Meanwhile, dice the chicken into small pieces. Chop the tomato and grate cheese.
3. Put the chicken, corn and salsa in a large skillet. Cook over medium heat until mixture is bubbly, stirring often. Remove skillet from burner.
4. While chicken is cooking, slice tomato in half. Remove core. With cut side down, slice tomato in 1/4” slices keeping tomato together. Turn and slice again into 1/4” dice.
5. Use a grater and grate the cheese into small pieces. Set aside.
6. Fold lettuce leaves in half, and cut into thin strips. Set aside.
7. Place tortillas on work surface. Top each tortilla with some of the chicken mixture and some of the greens and tomato. Sprinkle with some of the cheese.