



Fresh Pear Chia Garden Wraps/Folds

These wraps (or folds!) are a burst of fresh flavors! With cranberries, sunflower seeds and fresh fruit they're super kid-friendly too. You can make these as a wrap, or a pita-pocket or a fold-it with sandwich thins (shown here). If pears aren't in season, you can substitute chopped green apple and they'll still taste great. This recipe makes 4 wraps or about 4 pita pockets.

Ingredients

- 1 cup chopped pears
- 1/4 cup sunflower seeds
- 1/3 cup diced cheddar cheese
- 1 stalk celery, diced
- 1/4 cup dried cranberries
- 1 cup baby spinach leaves (or greens of choice)
- 1 chicken breast, cubed or tofu cubes

Optional: 1/4 cup chopped walnuts

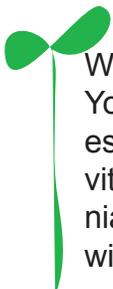
Dressing Ingredients

- 1/3 cup Greek yogurt (plain)
- 1 and 1/2 tsp lemon (or lime) zest
- 1/2 tsp ground ginger
- 2 tbsp MySeeds Chia gel

These garden wraps are super easy to make. Use roasted chicken breast or pre-cooked chicken breast strips cut into bite size pieces. Just chop the pear, cheese, celery and chicken breast (or tofu cubes) and place the pieces into a bowl. Add the cranberries & sunflower seeds. Next, mix the dressing in a measuring cup by simply combining all dressing ingredients. Pour the dressing over the chopped ingredients in the bowl, and mix lightly to coat everything. The dressing also helps keep the pear or apple from turning brown.

On your wrap of choice (tortilla, spinach tortilla, sandwich thin, pita pocket, or fold-it wrap) layer on your greens, then spoon the mixture on top. Fold it over & you're ready to serve. It's so quick!

The great part of this recipe is the versatility. You can use plain or flavored wraps, or pita breads, and they still taste great. You can use orange, lemon OR lime zest for the dressing. Each one adds a great citrus kick. The lemony fresh dressing blends the flavors, and kids won't even mind eating the healthy spinach, chicken or tofu. All wrapped up in one colorful package, they're perfect for adding nutrition at lunch or for dinner.



Why should you eat spinach?

You already know it's good for you, but just how good is it? It is a rich source of vitamin A (and especially high in lutein), vitamin C, vitamin E, vitamin K, magnesium, manganese, folate, iron, vitamin B2, calcium, potassium, vitamin B6, folic acid, copper, protein, phosphorus, zinc, niacin, selenium and omega-3 fatty acids. What a boost! Knowing how great they are for you, will make you feel even better as you enjoy the flavors of these wraps!

Did You Know....