

Chicken Cherry Wraps

This innovative sandwich appeals to everyone.



1/2 cup nonfat lemon yogurt
1 tablespoon honey Dijon-style mustard
1 teaspoon Worcestershire sauce
3/4 teaspoon curry powder
1/4 teaspoon salt
1/4 teaspoon coarsely ground pepper
1 1/2 cups finely chopped cooked chicken
(8 ounces)
1 cup dried tart cherries
1/2 cup seeded and finely chopped
cucumber
1/3 cup shredded carrot
1/4 cup sliced green onion
4 (8- to 10-inch) whole wheat flour tortillas,
tomato-flavored flour tortillas

Stir together yogurt, mustard, Worcestershire sauce, curry powder, salt and pepper in a medium mixing bowl. Gently stir in chicken, cherries, carrot, cucumber and green onion.

Mound about 3/4 cup chicken mixture just below center of each tortilla. Fold in sides, just covering edges of chicken mixture. Roll up from one side, jelly roll fashion. Serve seam side down on a plate.

Makes 4 servings.