

Makes 1 wrap or 1 sandwich (4 quarters)

## Ingredients

- Choose wholegrain or wholemeal bread, wraps, pita pockets or bagels.
- ¼ avocado
- 50g cooked chicken breast or tenderloin (grilled, baked or poached)
- 2 large slices of tomato
- ¼ cup reduced fat grated cheese
- ½ cup mixed lettuce



## Method

1. Scoop out avocado and spread over bread or wrap.
2. Add chicken, tomato, cheese and lettuce.

NUTRITION INFORMATION		
Servings per recipe: 1		
Average serving size: 244g		
	Per serve	Per 100g
Kilojoules (kJ)	1673	686
Protein (g)	30.9	12.7
Total fat (g)	15.7	6.5
- Saturated fat (g)	5.6	2.3
Carbohydrates (g)	30.2	12.4
- Sugars (g)	3.5	1.4
Fibre (g)	5.8	2.4
Sodium (mg)	484	198

This recipe meets the **GREEN** criteria in the National Healthy School Canteen Guidelines.