

Chicken Tortas

From the California Dept. of Public Health and the Network for a
Healthy California Champions for Change

<http://www.cachampionsforchange.net/en/docs/Lunch/Chicken-Tortas.pdf>

Ingredients

- 2 cups cooked, shredded chicken
- 1 tsp chili powder
- 2 cups Pico de Gallo
- 2 cups shredded romaine lettuce
- 4 thin sliced white onion
- ½ cup shredded reduced fat Monterey Jack cheese
- 2 radishes, sliced
- 1 fresh avocado, mashed
- 4 bolillos or French bread rolls, cut in half lengthwise

Instructions

1. In a medium bowl, combine chicken, chili powder, and 1 cup Pico de Gallo.
2. In another medium bowl, combine lettuce, onion, cheese, and radishes.
3. Spread equal amounts of mashed avocado on each roll
4. Place equal amounts of chicken and lettuce mixtures inside of each roll.
5. Spoon ¼ cup Pico de Gallo over lettuce and close sandwich. Serve immediately.

Makes 4 servings (*1 sandwich per serving*)

Nutrition information per serving:

Calories 379
Carbohydrate 32 g
Dietary Fiber 6 g
Protein 30 g
Total Fat 15 g
Saturated Fat 4 g
Trans Fat 0 g
Cholesterol 67 mg
Sodium 500 mg