

Tropical Chicken Salad

Serves 6

- ½ cup low-fat mayonnaise
- 2 tablespoons honey
- ½ teaspoon ground ginger
- 2 (10-ounce) cans of chicken in light broth or 2 cups of cooked chicken, chopped
- 1 (11-ounce) can of mandarin oranges, drained
- 1 (8-ounce) can of pineapple (chunks or tidbits), drained
- 1 cup apple, washed, chopped, skin on!
- ½ cup chopped celery
- chopped pecans or almonds for extra crunch (optional)

1. Combine ingredients in large bowl.

2. Chill at least one hour for flavors to blend.

3. Serve on whole wheat tortilla wraps lined with spinach, rolled up and cut into pieces. Secure roll-ups with toothpick if desired.

Nutritional information not available.

Healthy Tip

☆Gluten-free option: use boston bib lettuce or other "flexible" lettuce leaf to wrap chicken salad.

*☆Grapes and sliced, canned water chestnuts are good additions to this salad.

☆Use leftover chicken or turkey in place of canned chicken to reduce sodium.