

# Tropical Chicken Salad

## Ingredients

1 (10 oz) can chicken (or 2 cooked chicken breasts, chopped)	1/4 medium red onion, chopped
1 (8 oz) can pineapple tidbits in juice, drained	3 tablespoons light mayo
1 (10 oz) can mandarin oranges in juice, drained, chopped	1 pinch ground ginger or curry powder (optional)
1 large celery stalk, chopped	4 (6-inch) tortillas
	1 cup dark green lettuce or fresh spinach leaves

## Directions

1. In a medium bowl, mix together chicken, pineapple, mandarin oranges, celery, onion and mayo. (Add spices if desired).
2. Place a tortilla on a plate. Put 1/4 cup lettuce in the center of the tortilla.
- 3) Spoon 1/4 of the chicken salad mixture down the center of the tortilla. Roll up and enjoy!



*Makes 2 servings*