

# Mexican Chicken Pockets



Serves: 6

## Ingredients

- 6 tortillas / wraps
- 130g salsa, salt reduced
- 2 cups chopped cooked chicken breast
- 1 diced avocado ( $\frac{1}{3}$  each wrap)
- $\frac{1}{2}$  cucumber diced (optional)
- 4 cups loosely packed spinach
- 1  $\frac{1}{2}$  cups reduced fat cheese, grated

## Method

1. Lay tortillas flat and spread 1 tablespoon of salsa in the middle of each tortilla
2. Place  $\frac{1}{3}$  cup of chopped cooked chicken breast on top of salsa
3. Place  $\frac{1}{4}$  cup diced avocado and approximately 1 tablespoon of diced cucumber on top of chicken
4. Place  $\frac{3}{4}$  cup loosely packed spinach on top of avocado/cucumber
5. Sprinkle  $\frac{1}{4}$  cup reduced fat grated cheese on top of spinach
6. Fold each of the four sides in to form an enclosed parcel
7. Place in a heated flat sandwich press, folded side down, for approximately 1-2 minutes or until golden.

