

# Heart Healthy Crunch Wrap

Serves 4

## Ingredients

- 5 large whole grain tortillas
- 4 ounces cups low sodium refried beans
- 4 ounces shredded chicken
- 8 salt-free tortilla chips
- 2-3 ounces shredded mozzarella
- ½ cup salsa
- 1 cup baby spinach leaves
- ½ lime cut in 4 pieces

## Directions

1. Sprinkle cheese evenly over 4 of the tortillas.
2. Spread beans evenly over each tortilla.
3. Place 2 tortilla chips on each tortilla.
4. Divide spinach between each tortilla.
5. Divide chicken between each tortilla.
6. Top each tortilla stack with salsa.
7. Cut the remaining tortilla into quarters and place 1 quarter on top of the salsa layers.
8. Fold the edges up around and press down firmly.
9. Gently flip crunch wraps upside down and place on a frying pan and cook on medium low for 5 to 6 minutes or until lightly browned. Carefully flip and cook another 3 to 4 minutes.