



## Kids in the Kitchen with Keli

### Southwestern Chicken On the Go Wrap

#### Ingredients:

- 1 (8-inch) tortilla
- 1 T sour cream
- 2-3 T shredded chicken (we used a rotisserie chicken)
- ¼ c romaine lettuce
- 1-2 T black beans, drained and rinsed
- 1-2 T corn, drained and rinsed
- 1 ounce cheese, shredded
- 1 T salsa

#### Instructions:

1. Spread sour cream evenly on tortilla.
2. Place chicken down center of tortilla.
3. Top with lettuce, black beans, corn, cheese, and salsa.
4. Wrap all ingredient in the tortilla by carefully folding one side over the ingredients in the center. Fold firmly and roll toward the empty side.