

**Kathy Mora- Fast Fixin' Chicken Nugget Recipes- May 2013 Promotion**  
***Sand-Wrap Palooza***

**Segment theme: Fast and healthy meal options for your family**

**1. Chicken Fiesta Wrap**

**Ingredients:**

4-5 Fast Fixin' Chicken Nuggets  
1 Spinach Tortilla (other tortilla of choice can be substituted)  
Approximate portions:  
2 Tbsp Refried Beans (vegetarian or fat free version)  
1-2 tsp chopped fresh tomatoes  
1 tsp chopped fresh red/purple onion  
1-2 Tbsp Shredded lettuce  
1- 2 tsp Shredded cheese (Mexican style, Monterey Jack, Cheddar, any preferred  
Salsa

**Preparation\*:**

1. Using microwave- place Fast Fixin' Chicken Nuggets on microwave safe plate or dish and heat according to package directions.
2. Wrap tortillas in damp paper towels, heat in microwave ~15-20 seconds until warmed, but not stiff.
3. Place refried beans in microwave safe bowl or shallow dish, cover and heat ~1-2 minutes.
4. Chop tomatoes and onion, set-aside until ready for use.
5. Spread refried beans in center of warmed tortilla, layer with tomatoes, onions, lettuce, cheese, and chicken nuggets. Folding sides in, wrap ingredients into tortilla like a burrito.
6. Serve warm with side of salsa.

Chicken Fiesta Wrap + Pineapple or Mango Salsa + Orange slices + Glass of Milk =  
Nutritious and Complete Meal

Enjoy!

\* Note- alternatively may heat tortillas and chicken nuggets in oven, wrap tortillas in foil first. Refried beans can be prepared on stove-top. Ingredients can vary per

taste and desired amount. Example, can add chopped peppers, black olives, black bean refried beans, fruit salsa, hot sauce, etc.

*The following 3 recipes can easily be interchanged as wraps or sandwiches. Select more whole grain breads and vegetable based wraps.*

## **2. Chicken Verde Wrap**

### **Ingredients:**

4-5 Fast Fixin' Chicken Nuggets

1 Spinach Tortilla (other tortilla of choice can be substituted)

Approximate portions:

2 Tbsp Guacamole with chopped tomatoes (store bought or homemade)

1 tsp chopped fresh red/purple onion (optional, can substitute red/green pepper)

1-2 Tbsp Shredded lettuce

1-2 tsp Shredded cheese (Mexican style, Monterey Jack, Cheddar,

Salsa verde to taste

### **Preparation\*:**

1. Using microwave- place Fast Fixin' Chicken Nuggets on microwave safe plate or dish and heat according to package directions.

2. Wrap tortillas in damp paper towels, heat in microwave ~15-20 seconds until warmed, but not stiff.

3. Spread guacamole in center of warmed tortilla. Add onions/peppers, lettuce, cheese, chicken nuggets. Folding sides in, wrap contents into tortilla like a burrito.

6. Serve with side of salsa verde.

Chicken Verde Wrap + Salsa + Mango slices + Glass of Milk = Nutritious and Complete Meal

Enjoy!

\* Note- alternatively may heat tortillas and chicken nuggets in oven, wrap tortillas in foil first. Ingredients can vary per taste and desired amount. Example, can add chopped peppers, black olives, black bean refried beans, fruit salsa, hot sauce, etc.



### **3. Chicken Parm Sandwich**

#### **Ingredients:**

4-5 Fast Fixin' Chicken Nuggets

1 whole wheat sub/hoagie roll, French roll, or other whole grain bread of choice.

Approximate portions:

2 Tbsp Spaghetti/Marinara Sauce

1-2 tsp Shredded parmesan cheese

#### **Preparation\*:**

1. Using microwave- place Fast Fixin' Chicken Nuggets on microwave safe plate or dish and heat according to package directions.

2. With a minute remaining, stop microwave and sprinkle cheese over the nuggets. Return to the microwave and finish heating.

3. Toast or warm bread in the oven before assembling sandwich.

4. Heat sauce in covered microwave safe dish ~30 seconds, until warm and bubbling but not boiling.

5. Spread sauce on the bottom half of the sliced roll. Layer on the chicken nuggets and melted cheese. Add another spoonful of sauce on top and gently press down the top half of the roll.

Chicken Parm Sandwich + Salad + Clementine + Glass of Milk = Nutritious and Complete Meal

Enjoy!

\* Note- alternatively may heat bread and chicken nuggets in oven, wrap bread in foil first. Ingredients can vary per taste and desired amount. Example, can add chopped peppers, black olives, arribiata or spicy sauce, etc. Can substitute baby carrots and cherry tomatoes with dressing instead of salad.

#### **4. Chicken Veggie Pita**

##### **Ingredients:**

4-5 Fast Fixin' Chicken Nuggets

1 whole grain pita/flatbread

Approximate portions:

2 Tbsp Veggie Cream Cheese (store bought brand or homemade)

1 tsp chopped tomatoes

1 tsp chopped fresh red/purple onion (optional, can substitute red/green pepper)

1-2 Tbsp Shredded lettuce

##### **Preparation\*:**

1. Using microwave- place Fast Fixin' Chicken Nuggets on microwave safe plate or dish and heat according to package directions.

2. Toast or warm pita/flatbread before assembling.

3. Spread veggie cream cheese in center of warmed pita, layer with tomatoes, onions/peppers, lettuce, and chicken nuggets. Fold pita in half to create a taco like shape.

6. Serve with side of fruit salad.

Chicken Veggie Pita + Fruit Salad + Sweet Potato Chips + Glass of Milk = Nutritious and Complete Meal

Enjoy!

\* Note- alternatively may heat pita/flatbread and chicken nuggets in oven, wrap. Ingredients can vary per taste and desired amount. Example, can add chopped peppers, black olives, carrot slices, cucumber slices, sprouts, fresh spinach, mushrooms, etc.