

Name:

Drag and drop the correct answers to complete the instructions to make grilled chicken salad wrap. (You can refer textbook page 66)

2 tablespoons of olive oil

whole grain wrap

ground pepper

asparagus

onion

low-fat mayonnaise

Instructions (grilled chicken salad wrap):

1. Heat _____ on a non-stick pan.
2. Saute the _____.
3. Add chicken once the onion is soft.
4. Add ground pepper and _____.
5. Mix well and transfer the _____ chicken to a plate.
6. Steam or blanch the _____.
7. Take a piece of _____.
8. Place the lettuce,vegetable mix and chicken in the middle of the wrap.
9. Fold and roll the wrap.
10. Serve with sauce.