

# Victory at Yorktown

**Makes:** 1 Serving

“We are a military family who have lived in many states and countries,” says Kathryn’s dad, Elven. “We have a tradition of trying local foods, then making our own versions and giving them memorable names to remind us of our time living there. While stationed at Langley Air Force Base, in Virginia, we visited the Yorktown Battlefield. That hot summer night we were in the mood for something light; this dish was originally made from local ingredients. The best part was brainstorming name ideas and laughing about all the ideas not chosen because they were too silly. Victory at Yorktown came up. Even though it doesn't really describe the wrap, it does remind of us of the day.” Kathryn serves it with a side of fruit salad.

## Ingredients

For Wrap:

- 1 whole-wheat tortilla
- 2 **tablespoons** hummus
- 1/2 cooked chicken breast, thinly sliced
- 3 avocado slices
- 1 **tablespoon** finely sliced carrots
- 2 slices cucumber, diced
- 2 **tablespoons** diced tomatoes
- Drizzle sweet chili sauce
- 5 cilantro leaves

For Fruit Salad (not pictured):

- 2 sliced strawberries
- 5 raspberries
- 5 banana slices
- 2 **tablespoons** vanilla low-fat yogurt



## Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	378	
Total Fat	12 g	
Protein	22 g	
Carbohydrates	47 g	
Dietary Fiber	10 g	
Saturated Fat	3 g	
Sodium	513 mg	

\*Percent Daily Values are based on a 2,000 calorie diet.

## MyPlate Food Groups

Fruits	1/2 cup
Vegetables	3/4 cup

## Directions

1. **To make Wrap:** On tortilla, spread hummus, then layer on strips of chicken breast and avocado. In a small bowl, combine carrots, cucumbers and tomatoes, and arrange on top of the avocado. Drizzle with chili sauce just before serving and top with cilantro.
  2. **To make Fruit Salad:** In a bowl, combine all ingredients and stir to combine.
- The 2016 Healthy Lunchtime Challenge Cookbook