

Crunchy Tuna Wraps

Makes 4 servings

Ingredients:

1 (12 ounce) can tuna, drained
1 cup celery, chopped
4 tablespoons nonfat salad dressing
4 (8-inch each) flour tortillas
4 lettuce leaves

Directions: Wash hands with soap and water. 1. In a small mixing bowl combine tuna, celery, and salad dressing. 2. Top each tortilla with a leaf of lettuce. 3. Spoon tuna salad onto each tortilla. 4. Roll tightly and serve.

Crispy Baked Chicken

Makes 5 servings

Ingredients:

non-stick cooking spray
 $\frac{2}{3}$ cup dehydrated potato flakes
 $\frac{1}{3}$ cup Parmesan cheese, grated
1 teaspoon garlic salt
3 $\frac{1}{2}$ pounds chickens, cut into 1-inch cubes
 $\frac{2}{3}$ cup butter, melted

Directions: Wash hands with soap and water. 1. Preheat oven to 375 degrees F. 2. Line a 9x13-inch baking pan with foil. Spray with cooking spray. 3. In a medium bowl, combine potato flakes, Parmesan cheese, and garlic salt. Mix well. 4. Dip chicken pieces into butter and then roll them in potato flake mixture to coat. 5. Place in pan and bake for 45-60 minutes or until chicken is tender and golden brown.