

October

Mexican Wraps

Try this recipe as an alternative to a sandwich at lunchtime!



Serves 2

Ready in 15 minutes

Ingredients

1 red pepper

1 red onion

Drizzle olive oil

Drizzle balsamic vinegar

Black pepper

1 chicken breast

1 tsp pesto

2 tortillas (preferably wholemeal)

Method

1. Preheat oven to 180°C / Gas mark 5.
2. Slice the pepper and onion. Put in a bowl and drizzle over the oil and vinegar. Season with black pepper and make sure the vegetables are well coated in the dressing
3. Transfer the vegetables to a baking tray and roast until slightly charred and softened.

Adult's
Favourite
Recipe

4. While the vegetables are cooking, grill the chicken breast until thoroughly cooked
5. When cool, slice the chicken into strips. Mix it with the roasted vegetables and pesto
6. To make the wrap, lay out the tortilla and fill with the roasted vegetables and chicken. Carefully roll in the sides and roll up.



Food on the Run

If you're really busy and on the go, it's easy to skip meals or choose something unhealthy. This will leave your energy levels low, and less likely to cope well with your children!

Other Quick Snack Ideas;

Fruit loaf

Low fat yoghurt

Bowl of cereal with sliced banana and semi-skimmed milk

Fruit smoothie (see April's recipe)

Bag of dried fruit and nuts

Pitta strips and dips

Beans on toast

Hot Cross Bun (not too much butter or margarine!)