

# Wrap Up Great Taste

## *The Bonus Is Good Nutrition*

(NAPSA)—Well-suited to hectic, on-the-go lifestyles—time is at a premium for most people but they also want to stay fit—wraps are becoming more and more popular for several reasons. They offer complete mini-meals in handy, even portable form and can be delicious in a variety of combinations that appeal to many different palates. Typically balancing protein—lean meat or fish—with vegetables and healthy carbs, wraps are plain or fancy, simple or complex—a satisfying lunch, supper, late-night snack, breakfast too, depending on what's inside.

This Cajun Caesar version couldn't be easier to put together—also a smart way to recycle leftover chicken. Start with your favorite bottled Caesar dressing and packaged tortillas—choose pink or green for a fun twist. Layer ingredients including good-for-you, crunchy coleslaw, tomatoes and onion—roll up, slice and enjoy.

Delicate yet distinctive with nutty flavor and creamy consistency, classic Jarlsberg cheese gives a rich, mellow accent yet is surprisingly low in calories and fat. Also traditionally produced and aged, 50 percent reduced fat Jarlsberg Lite keeps much of that terrific taste and is obviously a boon to dieters. In fact, Jarlsberg complements lots of other foods and makes a winning addition to all kinds of wraps.



### CAJUN CAESAR WRAP

- ½ cup fat-free Caesar salad dressing**
- 4 10-inch fat-free flour tortillas (plain or colored)**
- 4 curly leaf lettuce leaves**
- 8 slices (4 ounces) sliced Jarlsberg or Jarlsberg Lite cheese**
- 2 cooked chicken breast cutlets, diced (about 2 cups)—or use leftover chicken**
- 1 teaspoon Cajun seasoning or more, to taste**
- 1 cup shredded (packaged) coleslaw**

- 1 cup chopped tomato**
- 2 tablespoons finely diced red onion**

**Spread 2 tablespoons dressing on each tortilla. Top each with a lettuce leaf and 2 slices Jarlsberg. Toss chicken with Cajun seasoning. Divide evenly among tortillas along with coleslaw, tomato and onion. Roll up. To serve, cut each rolled wrap in half diagonally. Serves 4.**