MEXICAN CRUNCHY CHICKEN WRAP

"Cool Beans", Henderson County High School

Chicken

3 - 4 oz boneless, skinless chicken breasts	1/4 tsp ground black pepper	1/4 tsp granulated garlic
1/2 tsp salt	1/4 tsp rubbed sage	1/4 tsp cumin
1/4 tsp cayenne pepper	1/2 tsp onion powder	
	1/4 tsp dried oregano	

Cabbage

2 cups cabbage	1/2 tsp garlic powder	1/8 tsp black pepper
1 green onion	1/8 tsp salt	1 tsp unsalted butter

Guacamole

1 avocado	1 tsp ground black pepper	1 tsp granulated garlic
1/4 cup tomatillo		1/2 cup diced tomatoes

Pico de Gallo

2 tomatoes, diced	1/4 cup cilantro, chopped	1/2 jalapeño, seeded, diced
Pinch of salt to taste		
1/2 omon, finely diced	Juice of 1 lime	

Salsa

2 Tbsp vegetable oil	2 garlic cloves	1/2 tsp salt
1 yellow onion, thinly sliced	1 fresh jalapeño pepper, seeded, diced	2 cups canned plum tomatoes in juice

Whole wheat tortillas

Seasoning mix: Combine all spices. Thoroughly coat chicken pieces with seasoning. Bake at 350" for 15 to 20 minutes or until chicken reaches internal temperature of 165". Let rest for 5 minutes. Slice chicken.

Pico de Gallo: Combine all ingredients. Stir gently. Refrigerate (or store on ice) for at least 1 hour.

Cabbage: Chiffonade cabbage to measure 2 cups. Mix with green onion and seasonings. Sauté in skillet for 10-12 minutes. Keep warm until service.

In saucepan, heat vegetable oil. Sauté yellow onion until soft. Add garlic cloves, jalapeño and salt. Cook for 2 minutes longer. Add the canned tomatoes, cooking and stirring them occasionally to break them up, until soft and juices have reduced, approximately 10-15 minutes. Let cool for 5 minutes. Puree until smooth. Strain through a sieve placed over a bowl. Cover for storage or serve.

Guacamole: Mash the avocadoes into a paste. Add tomatillo, black pepper and granulated garlic. Mix until fully incorporated. Add tomato and fold gently.

Assembly: Lay out tortilla. Spread with 1/6" of guacamole. Layer with 1/6" of chicken, 1/6" of cabbage, and 1/6" of Pico de Gallo. Fold ends and roll. Serve with 1/6" of salsa.