

## CHICKEN AND SCRAMBLED EGG WRAPS

- 3 eggs (use only 1 yolk to 3 egg whites)
- 3 tablespoons skim or low-fat milk
- 3 (7- to 9-inch) plain or flavored flour or whole-wheat tortillas (Look for low carb ones)
- Cooking spray
- 1/2 cup (about 3 oz.) chopped cooked chicken
- 1/4 to 1/2 teaspoon chili powder, if you like
- 3 tablespoons shredded reduced-fat Cheddar or Monterey Jack cheese
- Salsa or taco or pizza sauce
- Additional toppings, if you like

Break the eggs into a bowl. Add the milk. Beat the eggs and milk with a fork or whisk until the eggs and milk are blended. Set the bowl aside. Heat the tortillas according to the package directions. Cover the tortillas with a kitchen towel to keep them warm. Coat the pan evenly with the spray. Put the pan on a burner and heat it over medium heat for a little bit. Sprinkle a few drops of water into the pan. The pan is hot enough when the water sizzles and dances in the pan. Add the chicken and the chili powder, if you like. Cook and stir the chicken until the chicken is heated all the way through to the middle of each piece, about 1 to 2 minutes. Pour the egg mixture into the pan over the chicken. The eggs will start to set. Hold the pancake turner upside down and gently pull it across the bottom and sides of the pan. Keep pulling the pancake turner through the eggs and chicken until the eggs are thick and you can't see any more liquid eggs in the pan. Don't stir all the time or the eggs will break into tiny pieces. When the eggs are thick and there is no more liquid egg in the pan, remove the pan from the burner. Spoon the eggs into a 1/3-cup measuring cup. When the measure is full, spoon the eggs into the center of each warm tortilla. Sprinkle each tortilla with 1 tablespoon of the cheese. Spoon the salsa or taco or pizza sauce on top of the cheese. Add any other toppings you like. Roll up each tortilla.