Chicken salad roll ups

- 1/2c light mayo
- 1/4c chopped cilantro
- 4 scallions/green onions sliced
- 1 small red pepper
- 2 tbsp light sour cream
- 1 package (9oz) grilled chicken strips
- 1 8” whole wheat tortillas
- ½ c reduced fat shredded mexi cheese

Directions:

1. Whisk mayo, cilantro, scallions, red pepper, sour cream together
2. Cut chicken into ½” pieces and mix in
3. Sprinkle tortillas with cheese slightly off center
4. Spread ½ c. chicken mix over cheese
5. Roll tightly
6. Heat large skillet (non stick) over med. Heat, coat w/pam
7. Put 2 wraps seam-side down in skillet
8. Cook 2 min or until crisp on both sides