

## **Pan-Seared Mahi-Mahi with Mango Salsa**

Serves 2, < 300 calories

3 oz Mahi-Mahi fillets  
1 teaspoon plus olive oil  
¼ teaspoon black pepper  
1 teaspoon kosher salt  
2 tablespoons diced fresh mango  
3 tablespoons tomato salsa, home-made or store-bought  
1 oz green lettuce leaves, remove the stem  
2 [La Tortilla Factory](#) Smart & Delicious SoftWraps™

1. Preheat a sautéed pan and brushed the Mahi-Mahi with oil, black pepper and salt and cook over high-medium heat for 2-3 minutes on each side or until cooked through. Cut into a 1 inch thick slices.
2. Meanwhile, combine the diced mango and tomato salsa in a bowl and mix well.
3. Place a lettuce leaf on each warm SoftWrap, spread half of Mahi-Mahi and 1 tablespoon plus of mango salsa on top. Fold the sides over the filling and roll-up into a wrap or taco.

## **Rotisserie Chicken Caesar Salad Wrap**

Serves 2, < 300 calories

2 ½ oz shredded rotisserie chicken, only breast meat  
1 oz romaine lettuce, thinly sliced  
2 tablespoons shredded fresh carrots  
2 tablespoons low-fat Caesar dressing  
½ teaspoons freshly ground black pepper  
2 tablespoons low-fat Parmesan cheese  
2 [La Tortilla Factory](#) Smart & Delicious SoftWraps™

1. In a small bowl, combine the chicken, lettuce, carrots, dressing, pepper, and mix well. Divide into two portions.
2. Place 1 portion of the chicken mixture and half of Parmesan cheese onto a SoftWrap and fold the sides over the filling and roll-up into a wrap.