



CHICKEN: THE OFFICIAL PROTEIN OF SWIMMING IN CANADA

Chicken Farmers of Canada is helping consumers know that they're buying the highest quality chicken by creating a special mark that reads "Raised by a Canadian Farmer." Ask for our new logo on fresh chicken in your local grocery store.

Visit chicken.ca for hundreds of healthy recipes like this one:

Fresh Chicken Wraps

THIS CLASSIC GREEK SANDWICH IS PERFECT WHEN YOU WANT A LIGHT AND HEALTHY LUNCH ON THE GO. WRAP EACH SANDWICH IN PARCHMENT PAPER OR FOIL TO KEEP INGREDIENTS INTACT.

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| 1 tomato | 1/2 cup (125 mL) tzatziki |
| 4 skinless, boneless chicken breasts | 2/3 cup (170 mL) roasted red pepper strips |
| 1/2 tsp (2.5 mL) each dried basil and oregano leaves | 2 cups (500 mL) arugula or baby spinach leaves |
| 1/2 tsp (2.5 mL) each salt and pepper | |
| 2 tsp (10 mL) olive oil | |
| 6 large flour tortillas | |

1. Thinly slice tomato, and then slice each slice into quarters. Slice chicken into thin bite-size strips. Stir basil with oregano, salt and pepper. Sprinkle over chicken. Add oil to a non-stick frying pan set over medium-high heat. Stir-fry chicken until cooked through, about 4 minutes.
2. Spread each tortilla with tzatziki. Divide chicken evenly between tortillas, placing in the centre of bottom third. Top with tomato slices, followed by red pepper strips then arugula or spinach leaves. Wrap each tortilla to enclose filling. Recipe can easily be halved or doubled.



Chicken Word Search

Find and circle all of the hidden words. The words may be hidden horizontally, vertically, diagonally and backwards.

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|------------|-----------|
| Chicken | Grilled |
| Protein | Wraps |
| Nutritious | Easy |
| Farmer | Delicious |
| Canada | Feathers |
| Barn | Swimming |
| Healthy | Fresh |
| Roasted | Cook |

