**Chicken Couscous Wraps**

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| Tortillas  310 mL flour  2 mL baking powder  1 mL salt  25 mL shortening  100 mL water | 1 jalapeno pepper  15 mL mayonnaise  5 mL oil  4 mL chili powder  1 mL dried oregano  1 chicken breast, cut into strips  *(if frozen, place in microwave on auto-defrost)* | 50 mL couscous  Pinch of salt  50 mL boiling water  10 mL oil  10 mL lime juice  5 mL water  1 mL sugar  Dash of pepper  1/3 avocado, diced  45 mL corn kernels  1/3 tomatoes, diced |

1. Tortillas: combine all dry ingredients in a bowl and cut in shortening using a pastry blender.
2. Stir in enough water to make a soft dough. Gather into a ball and knead gently (6-8 times) until dough comes together.
3. Divide into 2 balls, cover and let rest for 30 minutes. Roll out each ball to 10 inch circle.
4. Heat frying pan over medium heat. Cook one at a time for 1-2 minutes per side. Wrap in foil to keep warm.
5. Turn oven onto broil.
6. In a bowl, combine couscous with a pinch of salt. Add boiling water and stir once. Cover with a plate and set aside for 10 minutes.
7. Skin jalapeno pepper: on a baking dish (pie plate), broil jalapeno pepper, turn occasionally. Leave door ajar in order to watch closely. Once blistered, remove from oven, place inside a sealed plastic bag for 5 minutes. Remove skin (with paper towel) and seeds. Finely chop. Stir 2/3 of jalapeno into mayonnaise and set aside.
8. Whisk together remaining jalapeno, oil, lime juice, 5 mL water, sugar and pepper into couscous.
9. Stir avocado, corn and tomato into couscous mixture.
10. In a bowl, combine oil, chili powder and oregano. Cut chicken into strips and add to oil/spice mixture. Toss to coat. In a frying pan over medium heat, cook chicken until no longer pink inside.
11. Spread mayonnaise over each tortilla, leaving one inch border.
12. Mound couscous filling in center. Top with chicken, fold bottom border over filling then sides then roll up.