The Health & Wellbeing Partnership aims to reduce health inequalities in Nottingham - so that no one is disadvantaged by who they are or where they live.

One of the ways we do this is by working with local agencies and organisations to:

- promote physical activity
- provide healthy eating advice
- support people who want to quit smoking

Be healthy, feel good, live longer

To find out how to improve your health and wellbeing please visit www.getmovingnottingham.nhs.uk
Ingredients

- 2 dessertspoons vegetable oil
- 4 skinless chicken breasts, cut into strips
- 1 onion, chopped
- 1 clove of garlic, crushed
- 2 peppers of different colours, cut into strips
- 6 mushrooms, sliced
- 1 teaspoon cumin
- 1/2 teaspoon chilli powder
- 1/2 teaspoon paprika
- 1 teaspoon turmeric
- 1 large tin of chopped tomatoes
- 8 flour tortillas
- 1 small pot natural low fat yoghurt (optional)

What to do

1. Heat the oil in a large pan, add the onion and garlic and cook for 3-4 minutes until softened.
2. Add the chicken and cook until it turns golden.
3. Stir in the peppers, mushrooms and spices and cook for a further 2 minutes.
4. Add the chopped tomatoes and cook until most of the liquid has gone.
5. Warm the tortillas in a heated oven for 3 minutes or a microwave for 1 minute.
6. Spread some low fat yoghurt over a tortilla followed by some of the chicken mixture. Fold up from the bottom edge and each side and roll up. Serve immediately.

Kidney beans or other tinned beans can be used in the filling, or can replace the chicken as a vegetarian version.

A serving gives you 2 of your 5 A Day portions.

Recipe produced by the Public Health Nutrition Team. Free cook and eat groups are available for those aged 40+ interested in healthy eating on a budget and developing cooking skills. Call 0115 883 4291 for further details.