



CHICKEN & VEGETABLE WRAP

Ingredients (4 Servings)

- 4 large soft tortillas (whole grain)
- 2 cooked chicken breasts, thinly sliced
- 8 leaves green leaf lettuce
- 1 cup carrot, grated
- 1/4 cup red onion, thinly sliced
- 1 cup peppers, thinly sliced (red, yellow, orange or green)
- 1/2 cup lower fat cheese, grated (mozzarella, Cheddar or Monterey)
- 1/4 cup Low fat Ranch dressing (could also try other sauces and spreads such as BBQ, hummus or Tzatziki sauce)

Ingredients (12 Servings)

- 12 large soft tortillas (whole grain)
- 6 cooked chicken breasts, thinly sliced
- 24 leaves green leaf lettuce
- 3 cups carrots, grated
- 3/4 cup red onion, thinly sliced
- 3 cups peppers, thinly sliced (red, yellow, orange or green)
- 1 1/2 cups lower fat cheese, grated (mozzarella, Cheddar or Monterey)
- 3/4 cup Low fat Ranch dressing (could also try other sauces and spreads such as BBQ, hummus or Tzatziki sauce)

Directions

- For each tortilla, spread 1 tbsp of dressing/sauce, 1/2 chicken breast sliced (if using), 2 green leaves of lettuce, 1/4 cup carrot, 1 tbsp red onion, 1/4 cup peppers and 2 tbsp cheese.
- Fold opposite ends in and roll from a non-folded end. Slice in half and wrap in parchment paper.