

Grilled Chicken Wrap



2 skinless boneless chicken breasts
1/2 teaspoon garlic powder
1/2 teaspoon black pepper
4 whole wheat tortillas

1/2 cup ranch or Caesar dressing
2 cups chopped romaine lettuce
1 cup cherry tomatoes, halved
1/2 cup shredded parmesan cheese

Instructions: Preheat grill to medium high heat. Sprinkle garlic powder and pepper over chicken breasts and grill until internal temperature is at least 165°F. Let cool and slice into 1-inch strips or cubes. Fill each tortilla with 1/4 of the dressing, lettuce, tomatoes and parmesan cheese. Roll up and secure with toothpick. Keep refrigerated or packed in an insulated cooler with ice pack.

Yield: 4 servings

Nutrition Facts (*per serving*): 340 calories, 13 grams fat, 880 milligrams sodium, 32 grams carbohydrate, 1 gram fiber, 25 grams protein