ILLINOIS EXTENSION

COLLEGE OF AGRICULTURAL, CONSUMER & ENVIRONMENTAL SCIENCES Recipe provided by:

Nutrition & Wellness Educator Jenna Smith, MPH, RD Serving McLean, Livingston, & Woodford Counties

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 dressing2 cups chopped romaine lettuce1 cup cherry tomatoes, halved1/2 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 ¼ 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