

## Chicken Caesar Salad Wrap

### **Ingredients:**

1 multigrain tortilla 9 ½ "large

2T Caesar dressing; your favorite variety, (1 T to spread on the tortilla and 1 T to toss the lettuce in).

1 Cup Romaine lettuce-chopped (approximately 3 leaves)

¼ Cup Croutons-(for crunch)

1 chicken breast-grilled, baked or broiled. Cut in thin 1/8<sup>th</sup> strips or small diced

1 T Parmesan cheese

### **Directions:**

Warm tortilla in microwave for 10 seconds to make the tortilla flexible for wrapping.

Spread 1 tablespoon of dressing on the tortilla leaving a ½" rim on the tortilla. In a separate bowl or zip lock bag toss together the lettuce, dressing and croutons. Pile lettuce mixture in the middle of the tortilla. Top with chicken and sprinkle parmesan cheese over the top.

Rotate the wrap to be able to roll length wise from top to bottom. Fold in the sides of the tortilla and tuck and roll until the wrap is enclosed to look like a burrito.

**Serves:** 1 Wrap