

# Chicken Caesar Wrap

## Ingredients

- 7-1/4 oz frozen cooked diced chicken
- 2 tsp italian seasoning
- 3-1/4 tsp shredded mozzarella cheese, reduced fat
- 8 tbsp caesar dressing
- 4 whole grain tortillas
- 2-1/2 cups lettuce, shredded
- 2/3 cup tomato, chopped



## Directions

1. Sprinkle chicken evenly with seasoning mixture.
2. Combine the two types of cheese together and set aside.
3. Assemble Wrap:
  - Spread approximately 2 tbsp of Caesar dressing onto tortilla.
  - Layer 2 oz. of chicken, 1/2 cup romaine, 1/8 cup tomatoes, and 1 tsp cheese mixture on wrap.
  - Fold the top and bottom of tortilla into the center. Beginning at either side, roll the tortilla until all contents cannot be seen.
  - Cut in half diagonally

## Notes

**Number of Portions:** 4

**Serving Size:** 1 each

**Nutrition Facts:** 391 calories, 24,1 g fat, 5,74 g saturated fat, 726 mg sodium, 24.37 g carbohydrate, 2.93 g fiber, 2.1 g sugar, 17.94 g protein