

Chicken Caesar Wrap

Ingredients:

4 - 4 oz. Bone/skinless Chicken Breasts
3 Tbsp. Fresh Lemon Juice, divided
1 Tbsp. Low-sodium Soy Sauce
3 Tbsp. Olive Oil Mayo
3 Tbsp. Non-fat Plain Yogurt (not Greek)
1/4 cup grated Parmesan Cheese
2 tsp. Hot Cream Horseradish (not Wasabi)
1 tsp. Anchovy paste *optional
1 Tbsp. Minced Garlic
1/4 tsp. Black Pepper
Olive Oil Spray
Romaine Lettuce Leaves
2 Roma Tomatoes, thinly sliced
Whole Wheat or Red Pepper Wraps

Directions: Pre heat oven to 350°F

Step 1: Combine the raw chicken, 2 Tbsp. lemon juice and soy sauce in a large zip-lock bag. Marinate in the refrigerator 10 - 20 minutes.

Step 2: Remove chicken from bag. Discard bag. Place chicken on an oven safe pan sprayed with olive oil spray. Bake in pre heated oven for about 15 minutes . Remove from oven, cool, dice into small bite-sized pieces or shred with forks.



Step 3: Combine cooled chicken with remaining 1 Tbsp. lemon juice and next 7 ingredients (through pepper) in a small bowl. Combine with chicken using a rubber spatula. Portion your allotted amount of chicken onto your wrap. Just before assembling, add romaine lettuce leaves and a few thin slices Roma tomatoes if you wish.

Full Meal Portions:

2 Unit Portion:

1/2 cup chicken mixture
leaves + tomato slices
1 wrap

3 Unit Portion:

3/4 cup chicken mixture
leaves + tomato slices
1 wrap

4 Unit Portion:

1 cup chicken mixture
leaves + tomato slices
1 wrap
+ 1/2 apple, pear or orange

5 Unit Portion:

1 1/2 cup chicken mixture
leaves + tomato slices
1 wrap
+ whole apple, pear, or orange