



Chicken Caesar Wrap

INGREDIENTS:

1 each whole wheat tortilla
1 ounce H3 Caesar Dressing
1 cup romaine lettuce, chopped
2 ounces tomatoes, chopped
2 Tablespoons parmesan cheese, grated
8 ounces chicken breast, grilled and sliced

PREPARATION:

- Grill tortilla lightly.
- Spread Caesar dressing on tortilla with a spatula.
- Place lettuce, tomatoes, parmesan cheese and chicken breast in center of tortilla and roll up together.
- Skewer with 4 evenly space toothpicks and cut into fourths on a bias.
- Serve two pieces of wrap per person.

Number of Servings: 2

Serving Size: ½ wrap

Calories: 260

Fat Grams: 5

BROUGHT TO YOU BY

Hilton Head Health



14 VALENCIA ROAD HILTON HEAD ISLAND, SC 29928 /// 800.292.2440 /// HHHEALTH.COM