

Chicken Caesar Wrap

Serves 2

2 large 12" tortillas
4 Tablespoon Caesar dressing
1 cup sliced chicken
1 cup shredded Romaine lettuce
4 roasted red pepper, well drained
2 oz sliced Provolone cheese
1/4 cup pitted Kalamata olives, cut in half

1. Toss the sliced chicken with half the dressing and set aside.
2. Place 1 tortilla on work surface and spread 1 tablespoon of the dressing, leaving a 2-inch border around the edge.
3. Cover tortilla with half the lettuce, then add half the cheese, peppers, chicken and olives.
4. Fold up the sides and bottom, then lightly roll the tortilla. Cut in 1/2 on the bias.
5. Repeat with remaining tortilla and ingredients.

Nutrition Info

Per Serving: 720 calories, 35g total fat, 10g saturated fat, 5g dietary fiber, 28g protein, 72g carbohydrate, 40mg cholesterol, 1890mg sodium.