

Ranch Chicken Wrap

1 large flour tortilla
2 tablespoons ranch dressing
2 thin slices white Cheddar cheese
1 handful herb salad mix
1/2 tomato, sliced thinly
1/2 cup cooked chicken, diced

1. Place tortilla on a flat surface.
2. Spread with ranch dressing.
3. Top middle with cheese, or salad mix, tomato and chicken.
4. Roll tortilla into a log, seam down, and cut in half vertically.

Nutrition Info

Per Serving: 221 calories, 7g total fat, 2.5g saturated fat, 11g protein, 31g carbohydrate, 12mg cholesterol, 610mg sodium