

The Charger Wrap

Prep time: 30 minutes

Makes: 6 Servings

Ingredients

- 1 1/2 cups** Chicken breast, cooked and chopped
- 1 teaspoon** lemon pepper
- 6** 8" Whole grain flour tortillas
- 1 1/2 cups** Romaine lettuce, chopped
- 6 tablespoons** green peppers, diced
- 3/4 pound** tomatoes, diced
- 3/4 pound** Lowfat mozzarella cheese, shredded



Directions

1. Place chopped chicken in a large bowl and sprinkle with lemon pepper. Gently toss to coat chicken evenly with seasoning. Set aside.
2. Place a whole grain tortilla wrap on working surface.
3. Top each wrap with: 2 oz chicken, .25 cup romaine lettuce, 1 Tbsp green peppers, 3 Tbsp tomatoes. Garnish with .5 Tbsp mozzarella cheese.
4. Roll the "Charger Wrap" and serve.

Notes

Serving Size: 1 wrap