chicken caesar butter lettuce wraps



featured product:
baby spinach

creamy caesar lemon dressing with grilled chicken and butter lettuce. a modern spin on classic flavors will help you add protein and fiber to your diet. all wrapped in spinach tortillas. it's an easy and portable lunch for any meal on the go.

ingredients

yields: 4 wraps

for the dressing:
1 lemon, zested and juiced
1 clove garlic, peeled and finely minced
1 anchovy filet, minced
1/2 teaspoon dijon mustard
1/2 cup mayonnaise
1/4 cup grated parmesan cheese
¼ teaspoon fine sea salt
¼ teaspoon pepper

for the chicken:
2 boneless, skinless chicken breasts
3 tablespoons olive oil
2 teaspoons smoked paprika
salt and pepper, to season

for the wraps:
6 large organicgirl butter lettuce leaves or 2 cups **organicgirl baby spinach**
2 carrots, julienned
1 red pepper, julienned
2 persian cucumbers, sliced into rings
4 spinach tortillas

directions

1. to make the dressing, whisk all the ingredients together in a bowl until creamy and well combined. refrigerate until needed.

2. grill the chicken: in a medium bowl, coat the chicken with the olive oil and paprika and season with the salt and pepper. heat a grill or grill pan over medium high heat. cook the chicken breasts for 5-7 minutes per side, until blackened and juicy and internal temperature reached is 165. let rest for 5 minutes, then slice into thin strips.

3. assemble the wraps. divide the baby spinach between the butter lettuce leaves on top of spinach tortillas. top with the julienned carrots, red pepper, sliced cucumber and chicken strips. tightly roll, and cut in half. serve with the caesar dressing.

nutrition

Calories per 4 serving- 641.25
Fat per 4 serving- 40.5
Cholesterol per 4 serving- 32.75
Sodium per 4 serving- 1024.75
Carbohydrates per 4 serving- 50.75
Added Sugars per 4 serving- 2
Protein per 4 serving- 20.5
Total Sugar per 4 serving- 6.25