



Chicken Wrap

 6 servings  15 minutes

Ingredients

$\frac{3}{4}$ cup Caesar salad dressing
 $\frac{1}{4}$ cup parmesan cheese
 $\frac{1}{2}$ teaspoon garlic powder
 $\frac{1}{4}$ teaspoon pepper
3 cups leftover or rotisserie cooked and chopped chicken
2 cups torn romaine lettuce
 $\frac{3}{4}$ cup crouton, coarsely chopped
6 tortillas (I use 8 inch whole wheat)

Method

1. Place all ingredients (except tortillas) in a large bowl and toss well to combine.
2. Fill tortilla with large spoonful of mixture and roll tightly, folding in sides like a burrito.
3. Secure with toothpicks if necessary.

These are great for a sack lunch or a go to dinner when you have to eat in the car. Just wrap them in foil and put them in a cooler.