

Chicken Pesto Wrap

Servings: 2

Prep time: 10 min

INGREDIENTS

- 1 cooked chicken breast, shredded
- 2 tbsp sour cream, plain yogurt or mayo
- 2 tsp pesto
- 2 thin slices mild cheese, such as Edam
- 2 flour tortillas
- handful chopped red pepper or sweetcorn kernels
- lettuce leaves

DIRECTIONS

1. Shred up one chicken breast of a rotisserie chicken in a bowl, or any precooked chicken you may have.
2. Add 2 tablespoons of sour cream, plain yogurt or mayo, and 2 teaspoons of pesto and combine with the chicken.
3. Lie the tortillas on a clean surface and place 1 slice of cheese on each. Distribute the chicken mixture evenly onto both.
4. Sprinkle red pepper or sweet corn onto both and top with a lettuce leaf. Roll the wrap to close and pack in foil or a lunch box.



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Nutrition Facts

2 servings per recipe

Serving Size

1 wrap

Amount per serving

Calories

356

% Daily Value**

Total Fat 15g 23%

Saturated Fat 7g 35%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 1300mg*** 54%

Total Carbohydrate 26g 9%

Dietary Fiber 3g 12%

Total Sugars 4g

Includes 0g Added Sugars

Protein 29g 58%

*This is an average estimation per each serving, the calories may vary depending on flavor and ingredients chosen.

**The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

***This is a rough estimate that will vary depending on personal usage.

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The Health Benefits

CHICKEN

Chicken is a high in protein. Nutritionists indicate that chicken breast contains 21 grams of protein per 100 grams, which is not common in other foods. Protein help with strengthening the immune system, making hair and skin, and much more.

PESTO

Because it's made with olive oil, nuts, and cheese, classic pesto can contribute a fair amount of healthy fat to your diet. It is also a good source of antioxidants.

TORTILLAS

Corn tortillas are a good source of fiber and magnesium. Fiber is important for digestion and heart health, while magnesium plays vital roles for your brain, heart, and muscles.

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Cooking Utensils

Items List

Mixing Bowl

Mixing Spoon

Cutting Board

Lunch Box

Foil



