

# Low-Fat Chicken Caesar Wraps



## INGREDIENTS:

5 cups of Romaine Lettuce  
2½ cups of Grilled Chicken  
½ cup lite Caesar Dressing  
2 tbsp of Parmesan cheese  
½ cup of your preferred  
seasoned Croutons  
Pinch of salt and pepper  
to taste  
4 (10-Inch) Whole Wheat  
Tortillas

## INSTRUCTIONS:

1. In a big bowl, combine romaine, grilled chicken, dressing, parmesan cheese, and croutons. Sprinkle salt and pepper into mixture, as needed. Toss to coat.
2. Lay one whole wheat tortilla on a cutting board and spoon 1½ cups of salad mixture into the tortilla.
3. Roll Tortilla up like a burrito and cut in half.

