

Featured Recipe

GRAPE CHICKEN CAESAR WRAP (MAKES 1 SANDWICH)

INGREDIENTS:

- 1 flour wrap/tortilla, 12-inch
- 1/3 cup California red seedless grapes, stemmed, halved
- 1/3 cup chicken breast, grilled, sliced
- 1 Tbsp. creamy Caesar dressing
- 1 cup romaine lettuce, cut
- 1 Tbsp. shredded Parmesan cheese

NUTRITION FACTS:

388 calories, 13g fat,
626mg sodium, 3g fiber

DIRECTIONS:

1. Lay out wrap (heat if desired in a steamer or on a flat top) and starting on the lower third, layer ingredients in order listed.
2. Fold lower third of wrap up over filling and fold outer edges inwards to close the ends then continue rolling up to complete the cylinder. (Like a burrito.)
3. Serve whole or cut in half on a bias.



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