

Main Course

Greek Chicken Wrap

This recipe is perfect for lunch. Just throw leftover chicken in the wrap with some vegetables you have in your refrigerator! Serve on top of a bed of lettuce to make this be a gluten-free meal.

You'll Need

- 2 whopping tablespoons of Greek yogurt
- 1/2 lemon
- Salt
- 1/2 tablespoon fresh dill minced
- 1/2 tablespoon fresh mint minced
- Tortilla
- Chicken (already cooked/leftover)
- Red bell peppers minced (amount to your liking)
- Tomato minced (amount to your liking)
- Cucumber minced (amount to your liking)



Directions

- For the Sauce: Add Greek yogurt to bowl and squeeze in half a lemon. Add salt, dill, and mint.
- For the Wrap: Slice chicken into strips then add to tortilla along with the bell pepper, tomato, and cucumber. Add Greek yogurt sauce.
- Fold short edges of tortilla toward mixture and then fold over long edges towards middle of tortilla. Wrap in foil and enjoy!

Play With Your Food

- Use different vegetables: zucchini, red onion, lettuce
- Add sharp cheddar or feta cheese
- Use pita bread instead of a tortilla
- Place chicken on lettuce with vegetables and top with sauce to make it into a gluten-free option.

Medwell Kitchen Tested