

Chicken Caesar Wrap

Ingredients:

4 4 oz. boneless, skinless chicken breasts
3 Tbsp. fresh lemon juice, divided
1 Tbsp. Low-sodium Soy Sauce
3 Tbsp. Kraft Light Mayo
3 Tbsp. Non-fat Plain Yogurt
¼ c. grated Parmesan cheese
2 tsp. Hot Cream Horseradish (not Wasabi)
1 tsp. Anchovy paste *optional
1 large clove garlic, minced
¼ tsp. freshly ground black pepper
Olive oil cooking spray
Romaine lettuce leaves
2 Roma tomatoes, thinly sliced
Whole Wheat White Wraps

Directions: Pre heat broiler

Step 1: Combine the raw chicken, 2 Tbsp. lemon juice and soy sauce in a large zip-lock bag. Marinate in the refrigerator 10 - 20 minutes.

Step 2: Remove chicken from bag. Discard bag. Place chicken on a pan or the broiler pan sprayed with olive oil cooking spray. Broil 6 minutes each side or until done. You may need to keep the oven door cracked to avoid burning. Remove from oven, cool, dice into small bite-sized pieces or shred with forks.

Step 3: Combine cooled chicken with remaining 1 Tbsp. lemon juice and next 7 ingredients (through pepper) in a small bowl. Combine with chicken using a rubber spatula. Portion out your allotted amount of chicken onto your wrap.

-just before assembling, add romaine lettuce leaves and a few thin slices Roma tomatoes if you wish.