Whole-wheat chicken Wrap Recipe with Hummus

Ingredients

- 2 whole-wheat wraps
- 1 boneless, skinless chicken breast (approx. 200g)
- 1 cup lettuce, chopped
- 1 medium tomato, sliced
- 4 tablespoons hummus
- 1 tablespoon olive oil
- Salt and pepper to taste
- Optional: 1/4 teaspoon paprika or cumin for seasoning the chicken

Directions

Prep the Chicken:
- Season the chicken breast with olive oil, salt, pepper, and optional spices (paprika or cumin).

Cook the Chicken:
- Heat a grill pan or outdoor grill to medium-high heat.
- Grill the chicken breast for about 6-7 minutes on each side until fully cooked (internal temperature should reach 165°F or 74°C).
- Let the chicken rest for 5 minutes, then slice it thinly.

Assemble the Wrap:
- Lay the whole-wheat wrap flat on a clean surface.
- Spread 2 tablespoons of hummus on each wrap.
- Add a layer of chopped lettuce and tomato slices.
- Place the sliced grilled chicken on top of the vegetables.

Wrap and Serve:
- Fold the sides of the wrap over the filling, then roll it up tightly from the bottom.
- Cut the wrap in half, if desired, and serve immediately or wrap it in foil for later.

Enjoy your healthy and delicious Chicken Wrap!

Note:

– You can use different vegetables like cucumber, avocado, or bell peppers for variety.
– Substitute hummus with a low-fat yogurt sauce for a lighter option.
– Wraps can be prepared in advance and stored in the fridge for up to 24 hours.

Servings. 2 servings
Estimated Cost. $8 – $10