

Food Success Expert - Latrice Fowler

Grilled Chicken Spinach Wrap w/Cilantro & Lemon Dressing & Parmesan Cheese Chips

Lime and also be used in this dressing!

Ingredients

2 large chicken breast (butterfly)
4 large garlic cloves (chopped fine)
salt and pepper to taste

Dressing

1/2 cup cilantro (chopped fine)
2 tbsps mayo
juice of 2 lemons
1/2 red onion sliced

wheat or flour tortillas
spinach leaves
american swiss cheese or provolone

Parmesan Cheese Chips

2 tbsps parmesan cheese (not imitation!)
small pinch - italian seasoning
non-stick pan

Instructions

Chicken - Cut each chicken breast in half slicing down the middle to butterfly, which will cut down the cooking time tremendously. Salt and pepper chicken on both sides and add chopped garlic as well. Grill chicken in a medium saucepan or grill pan approximately 6 minutes on both sides. Remove meat from pan and set-aside until later. (after cooled cut into slices)

Dressing – In a small bowl combine cilantro, mayo, and lemon juice. Stir well, and set-aside.

Parmesan Cheese Chips – Heat the non-stick pan on medium high. Once hot add 2 tbsps parmesan cheese and spread cheese flat in a circle with the back of the spoon. Sprinkle a pinch of Italian seasoning onto the cheese. Once cheese is fused together flip over and cook for a few seconds more and remove from heat. Let stand for a few seconds until it hardens slightly. Crumble and break cheese chip into small pieces and set-aside.

Assemble Wrap – Take the tortilla and spread a small spoon full of the dressing covering the entire wrap. Add approximately 8 medium to large spinach leaves. Now layer 2 slices of cheese (american swiss or provolone or use your favorite) and crumbles of parmesan cheese. Roll wrap and cut in half and into pinwheel slices. Plate up and enjoy!!!

Serves 5

Peace, Love, and Sweet Treats!!!

Latrice Fowler

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