

Chicken Wrap with Maple Mustard Dressing

Servings: 2

Total time: 15 minutes

Ingredients:

For the Wrap:

- 2 large gluten-free tortillas
- 4 ounces cooked chicken, shredded or sliced (grilled, roasted, or rotisserie)
- 1/4 cup shredded lettuce (romaine, iceberg, or spring mix)
- 1/4 cup shredded carrots
- 1/4 cup chopped cucumber
- 1/4 cup chopped red onion
- 1/4 cup chopped bell pepper (any color)

For the Maple Mustard Dressing:

- 1 tablespoon Dijon mustard
- 1 tablespoon pure maple syrup

Directions:

Step 1

Make the Dressing: In a small bowl, whisk together the Dijon mustard and maple syrup.

Step 2

Assemble the Wraps:

- Place one tortilla on a clean work surface.
- Spread a generous amount of the maple mustard dressing over the tortilla.
- Top with shredded chicken, lettuce, carrots, cucumber, red onion, and bell pepper.
- Roll up the tortilla tightly, tucking in the sides as you go.
- Repeat with the remaining tortilla and ingredients.

Tips and Variations

- **Add-ins:** Get creative with your fillings! Try adding avocado slices, sliced tomatoes, sprouts, or even a sprinkle of cheese.
- **Spice it up:** Add a pinch of red pepper flakes to the maple mustard dressing for a bit of heat.
- **Make it ahead:** Assemble the wraps ahead of time and refrigerate them for up to 2 hours before serving.