



## The Charger Wrap

**Prep time:** 30 minutes

**Makes:** 6 Servings

### Ingredients

**1 1/2 cups** Chicken breast, cooked and chopped

**1 teaspoon** lemon pepper

**6** 8" Whole grain flour tortillas

**1 1/2 cups** Romaine lettuce, chopped

**6 tablespoons** green peppers, diced

**3/4 pound** tomatoes, diced

**3/4 pound** Lowfat mozzarella cheese, shredded

### Directions

1. Place chopped chicken in a large bowl and sprinkle with lemon pepper. Gently toss to coat chicken evenly with seasoning. Set aside.
2. Place a whole grain tortilla wrap on working surface.
3. Top each wrap with: 2 oz chicken, .25 cup romaine

- lettuce, 1 Tbsp green peppers, 3 Tbsp tomatoes.  
Garnish with .5 Tbsp mozzarella cheese.
4. Roll the "Charger Wrap" and serve.

## Notes

Serving Size: 1 wrap

**Source:** Beaver Creek City Schools (Recipes for Healthy Kids Competition)