



CHICKEN CLUB WRAPS

 From [eatingwell.com](https://www.eatingwell.com)

Servings Size: 4

INGREDIENTS

- 1 pound boneless, skinless chicken breast, trimmed
- $\frac{1}{2}$ teaspoon freshly ground pepper, divided
- 3 tablespoons nonfat plain Greek yogurt
- 3 tablespoons cider vinegar
- 3 tablespoons minced onion
- 2 tablespoons extra-virgin olive oil
- $\frac{1}{8}$ teaspoon salt
- 1 medium tomato, chopped
- 1 avocado, chopped
- 3 strips cooked bacon, crumbled
- 8 large leaves red- or green-leaf lettuce
- 4 10-inch flour tortillas, preferably whole-wheat

DIRECTIONS

1. Preheat grill to medium-high.
2. Sprinkle chicken on both sides with $\frac{1}{4}$ teaspoon pepper. Oil the grill rack (see Tip). Grill the chicken, turning once or twice, until an instant-read thermometer inserted into the thickest part registers 165 degrees F, 15 to 18 minutes. Transfer to a clean cutting board and let cool for about 5 minutes.
3. Meanwhile, whisk yogurt, vinegar, onion, oil, salt and the remaining $\frac{1}{4}$ teaspoon pepper in a large bowl. Chop the chicken into bite-size pieces and add to the bowl along with tomato, avocado and bacon; toss to combine.
4. To assemble the wraps, place 2 lettuce leaves on each tortilla and top with chicken salad (about 1 cup each). Roll up like a burrito. Serve cut in half, if desired.

Nutrition Information (1 wrap): 526 calories; protein 33.6g; carbohydrates 39g; dietary fiber 11g; sugars 3.9g; fat 25.6g; saturated fat 5.2g; cholesterol 69.8mg; vitamin c 10mg; folate 52.5mcg; calcium 38mg; iron 1.4mg; magnesium 44.9mg; potassium 586.7mg; sodium 901.3mg;

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