

Chicken, Spinach & Feta Wraps

The convenience of rotisserie chicken and the scrumptious flavor of sun-dried tomatoes elevates this chicken, spinach, and feta wrap recipe. Whisk together the easy dressing, toss with the chicken, add spinach and wrap it all together for a delicious lunch or dinner. Using rotisserie chicken speeds up the process, but you can also reach for this recipe if you have leftover cooked chicken on hand.

Active Time: 15 mins

Total Time: 15 mins

Servings: 4

Nutrition Profile:

Sesame-Free Diabetes-Appropriate Nut-Free Soy-Free Heart-Healthy High-Protein Egg-Free

Ingredients

- 1/2 cup whole-milk plain strained (Greek-style) yogurt
- 1/4 cup crumbled feta cheese
- 2 tablespoons finely chopped oil-packed sun-dried tomatoes
- 1 tablespoon dried oregano
- 2 teaspoons grated lemon zest
- 1/2 teaspoon garlic powder
- 1/2 teaspoon crushed red pepper
- 1/4 teaspoon ground pepper
- 2 cups shredded rotisserie chicken
- 4 (10-inch) whole wheat tortillas
- 4 cups packed fresh baby spinach

Directions

Stir yogurt, feta, sun-dried tomatoes, oregano, lemon zest, garlic powder, crushed red pepper and pepper together in a large bowl; mash with a fork until mostly smooth, about 1 minute. (Alternatively, process in a blender until creamy, 30 to 45 seconds.) Fold in chicken, coating with the yogurt mixture.

Arrange tortillas on a work surface. Place 1 cup spinach and about 1/2 cup chicken mixture in a line in the center of each tortilla. Fold bottom edge and side edges over the filling; roll up burrito-style. Cut into halves before serving.

Nutrition Information

Serving Size: 1 wrap

Calories 282, Fat 7g, Saturated Fat 3g, Cholesterol 84mg, Carbohydrates 23g, Total Sugars 2g, Added Sugars 0g, Protein 32g, Fiber 2g, Sodium 534mg, Potassium 383mg

