



## Spinach with Grilled Chicken Wrap

### Ingredients

8 ounces grilled chicken, thinly sliced  
6 cups baby spinach, cut into bite-sized piece  
1 cup cherry tomatoes, quartered  
3/4 cup finely shredded Parmesan cheese  
½ coddled egg (cooked for about 1 minute)  
1 clove garlic, minced  
1/2 teaspoon Dijon mustard  
1 teaspoon honey  
1/8 cup fresh lemon juice  
1/8 cup coconut oil  
salt and freshly ground black pepper  
2 large whole wheat tortillas

- Spinach is a good source of nutrients to reduce inflammation, with its Vitamin B & E compounds and omega-3 fatty acids.
- Parmesan cheese offers a reasonable amount of fatty acids. These fatty acids play a role in reducing inflammation, lowering blood pressure, and improving vascular function.
- Garlic contains diallyl disulfide, an anti-inflammatory compound that limits the effects of pro-inflammatory cytokines. Therefore, garlic can help fight inflammation and may even help prevent cartilage damage from arthritis.
- In addition to its use as a natural sweetener, honey is used as an anti-inflammatory, antioxidant, and antibacterial agent. Eating local honey can also help ward off seasonal allergy symptoms.
- Whole grains tend to be high in fiber. Fiber has body weight-related anti-inflammatory properties. With its lower energy density, a diet high in fiber has been linked to lower body weight, alleviating obesity-induced chronic inflammation evidenced by reduced amounts of inflammatory markers in human and animal studies.

### Directions

1. Make a coddled egg using a small ramekin by placing the ramekin into a pot and fill with water so it reaches halfway up the ramekin.
2. Remove the ramekins and use coconut oil to grease the inside.
3. Crack the egg into each ramekin.
4. Bring the pot of water to a boil, then carefully place the ramekins into the pot.
5. Cook for about 7 minutes and CAREFULLY remove the ramekins from the pot.
6. Use a small spatula to remove the egg from the ramekin.
7. In a bowl, mix together the half of a coddled egg, minced garlic, mustard, honey, lemon juice and coconut oil. Whisk until you have formed a dressing. Season to taste with salt and pepper.
8. Add the spinach, chicken and cherry tomatoes and toss to coat with the dressing and ¼ cup of the shredded parmesan.
9. Lay out/spread the two wholewheat tortillas. Spread the salad mixture on the two wraps and sprinkle with ¼ cup of parmesan.
10. Roll the wraps, slice in half and enjoy (best when eaten immediately).