



Vegetarian Recipe

Easy “Chikn” Wrap

Ingredients:

- 1 Ezekiel Wrap
- 4-6 Beyond Meat brand “Chicken Strips”
- ¼ cup shredded lettuce
- 2-3 TBSP salsa
- 2-3 TBSP black beans

Directions:

1. Heat “chicken” strips according to package directions.
2. Add strips, lettuce, salsa, and beans to whole-wheat wrap.
3. Enjoy!

Serves: 1

***Want a lower carb option? Use a large lettuce leaf as a wrap instead of a tortilla!**



Photo source: <http://www.emilybites.com/2016/01/spicy-southwest-chicken-wraps.html>

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