

Tangy Pickle Chicken Wrap

This vibrant wrap is a perfect balance of tangy and savory flavors, featuring succulent chicken and crunchy pickles. It's a quick and delightful meal that packs a punch in every bite.



Main Dish

20 min

Total time

Easy

Difficulty

350

kcal / serving

Ingredients

- 1 chicken breast (about 4 oz)
- 1/4 cup dill pickles, sliced
- 1 whole wheat tortilla
- 1 tablespoon Greek yogurt
- 1 teaspoon mustard
- Salt and pepper to taste
- Fresh lettuce leaves (optional)

Steps

- 1 Season the chicken breast with salt and pepper.
- 2 Heat a non-stick skillet over medium heat and cook the chicken for about 5-7 minutes on each side or until fully cooked.
- 3 While the chicken is cooking, mix Greek yogurt and mustard in a small bowl to create a tangy sauce.
- 4 Once the chicken is cooked, remove it from the skillet and let it rest for a couple of minutes before slicing it.
- 5 Lay the whole wheat tortilla flat on a plate, spread the yogurt-mustard sauce evenly, and top with lettuce leaves, sliced pickles, and sliced chicken.
- 6 Roll the tortilla tightly to create a wrap, then slice it in half to serve.