

Ranch Chicken Salad Wraps

By Aaron Hutcherson

 *Servings: 4 (makes 4 wraps)*

 *Total: 15 mins*

- ☐ 1 medium carrot (3 ounces), scrubbed and coarsely grated
- ☐ 2 1/2 cups (2 ounces) loosely packed baby spinach
- ☐ 2 cups (11 ounces) diced cooked chicken
- ☐ 1 cup croutons, store-bought or homemade
- ☐ 1 cup (5 ounces) cherry or grape tomatoes, halved, or quartered if large
- ☐ 1/4 cup ranch dressing, store-bought or homemade (see related recipe)
- ☐ 2 tablespoons sriracha (optional)
- ☐ Fine salt
- ☐ Freshly ground black pepper
- ☐ 4 large (10-inch) whole-wheat tortillas

Step 1

In a large bowl, gently toss together the carrot, spinach, chicken, croutons, tomatoes, ranch and sriracha, if using, until combined. Taste, and season with salt and pepper, as desired.

Step 2

Warm the tortillas, if desired. (To do so, wrap the tortillas in a damp cloth and microwave on HIGH in 30-second intervals until warm.) Divide the salad evenly among the tortillas, keeping it in the lower half to two-thirds of the tortillas. For each wrap, fold the sides of the tortilla over the filling and then, starting with the side closest to you, roll it into a cylinder, tucking the filling and tortilla in as you go. Serve.

Substitutions

Baby spinach >> arugula, spring mix greens or any other lettuce.
Chicken >> cooked seafood or pork, tofu, or beans.
Croutons >> potato chips, tortilla chips or crispy wonton strips.
Ranch dressing >> blue cheese dressing.
Sriracha >> other hot sauce.
Whole-wheat tortillas >> any kind of tortillas.
Gluten-free? >> Use gluten-free wraps and croutons.