



ROTISSERIE CHICKEN PESTO ROLL-UPS



INGREDIENTS

ITEM	QUANTITY
• Gluten-free Tortilla or Low-fodmap Wrap	1
• Plain Rotisserie Chicken, shredded (without garlic/onion seasoning)	4 Oz.
• Lactose-free Cream Cheese	2 Tbsps.
• Low-fodmap Basil Pesto	1 Tbsp.
• Grated Parmesan Cheese	2 Tbsps.
• Baby Spinach	½ Cup
• Fresh Lemon Juice	1 tsp.
• Salt and Black Pepper, to taste	

SERVING SIZE 1



PREPARATION

- ✔ In a small bowl, mix lactose-free cream cheese, pesto, Parmesan cheese, lemon juice, salt, and pepper.
- ✔ Spread the mixture evenly over the tortilla.
- ✔ Add shredded chicken and baby spinach.
- ✔ Roll tightly, folding in the sides as you roll.
- ✔ Slice in half and serve.