

GREEK CHICKEN SALAD WRAP

INGREDIENTS

ITEM	QUANTITY
Leftover Chicken, chopped	2 Cups
Cucumber, diced	½ Cup
Cherry Tomatoes, halved	½ Cup
Kalamata Olives, sliced	2 Tbsps.
Feta Cheese, crumbled	¼ Cup
Fresh Parsley, chopped	¼ Cup
Chives, chopped	2 Tbsps.
Chopped Romaine Lettuce	2 Cups
Certified Low-Fodmap Tortillas or Wraps	4
Lactose-Free Greek Yogurt	½ Cup
Olive Oil	1 Tbsp.
Fresh Lemon Juice	1 Tbsp.
Dijon Mustard, Onion- and Garlic-Free	1 Tsp.
Dried Oregano	½ Tsp.
Salt and Black Pepper, to taste	

SERVING SIZE **1 WRAP**

PREPARATION

- Add leftover grilled chicken, cucumber, tomatoes, Kalamata olives, feta, parsley, and chives to a bowl.
- Whisk together the Greek yogurt, olive oil, lemon juice, Dijon mustard, oregano, salt, and pepper.
- Toss the chicken mixture with the dressing until lightly coated.
- Place romaine lettuce down the center of each tortilla.
- Divide the chicken salad evenly between the four wraps.
- Fold in the sides and roll tightly.

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