

Mediterranean Chicken Wrap

Ingredients

2 chicken breasts

1/2 lime

Olive oil

Kosher salt and fresh ground pepper

2 cups mixed salad greens, your choice

1/2 cup cucumber, seeded and diced small

2-3 ounces feta cheese crumbles

Roasted red pepper strips, the kind from a jar

Light Caesar Dressing

4 large whole wheat tortillas or wraps



Place chicken breasts in a large ziplock bag, add 1/2 tablespoon olive oil, season well with Kosher salt and fresh ground pepper and juice from half a lime — seal tight.

Using something heavy, flatten until the chicken is an even thickness of about 1/2 inch thick.

Heat a grill pan or skillet really well, and add chicken. You're probably not looking at more than 3 or 4 minutes a side (if your pan is hot enough) to cook the chicken yet still keep it moist — and moist is what you want.

Remove chicken from pan and cut into thin strips.

Dress salad greens with a little dressing. Warm wraps slightly in a microwave and put on flat surface.

Spread salad among the wraps and add to each: some chicken, some feta, some cucumber and some of the red pepper strips. Roll up, cut in half and serve.

Serves 4.