



Savory Chicken Wraps with a Garlic Cream Sauce 🌟

Ingredients:

2 chicken breasts, sliced into thin strips
4 whole wheat wraps or tortillas
1 tablespoon olive oil
4 cloves garlic, minced
1/2 cup heavy cream
1/4 cup chicken broth
1/4 cup grated parmesan cheese
Salt and pepper to taste
1/2 cup spinach, fresh
1/2 cup shredded mozzarella cheese
1 tablespoon fresh parsley, chopped
1 tablespoon lemon juice

Directions:

Heat olive oil in a skillet over medium heat.

Add the chicken strips and season with salt and pepper.

Cook for about 5-7 minutes, until the chicken is cooked through and golden brown on both sides.

Remove from heat and set aside.

In the same skillet, add minced garlic and sauté for 1-2 minutes, until fragrant.

Add heavy cream, chicken broth, and parmesan cheese to the skillet, stirring well to combine.

Simmer for 3-4 minutes, allowing the sauce to thicken slightly.

Return the chicken to the skillet and stir to coat the chicken in the creamy garlic sauce.

Add spinach and cook for another 2-3 minutes, until wilted.

Stir in lemon juice and top with shredded mozzarella and chopped parsley.

Lay out your wraps and spoon the creamy garlic chicken mixture onto each one. Roll them up tightly, then slice each wrap into halves.

Serve immediately and enjoy!

Prep Time: 10 minutes | Cooking Time: 15 minutes | Total Time: 25 minutes

Kcal: 350 kcal | Servings: 4 servings