

LUNCH / HIGH PROTEIN



Balsamic Chicken Artichoke Wrap

A fast lunch wrap with rotisserie chicken, mozzarella, artichokes, tomato, arugula, and balsamic glaze.

5 min

1 serving

Lunch

high-protein

quick

463

Calories / serving

29g

Protein / serving

42g

Carbs / serving

18g

Fat / serving



Ingredients

- 2 oz, boneless, cooked rotisserie chicken, chopped (56.7 g)
- 1 slice mozzarella cheese (whole milk) (28.33 g)
- 1/2 medium tomato (roma) (74 g)
- 1/4 cup cooked artichoke hearts (canned or jarred) (65 g)
- 1/4 cup arugula (rocket) (5 g)
- 1 tbsp balsamic glaze (15 g)
- 1 large tortilla (56 g)

Method

- 1 Cut the rotisserie chicken into small pieces and reserve it.
- 2 Rinse the tomato and arugula, slice the tomato, and cut the artichoke hearts into small pieces.
- 3 Arrange the mozzarella and arugula on the tortilla, followed by the tomato, artichoke, and chicken. Add the balsamic glaze, fold the sides inward, and roll tightly around the filling.

RENEE'S NOTE

"Pat the artichokes dry before chopping so the tortilla stays crisp instead of getting soggy. Keep refrigerated at 40°F (4°C) or below and use within 3 to 4 days. For transport, use an insulated bag with at least two cold sources, and discard food left at room temperature for more than 2 hours, or 1 hour above 90°F (32°C)."

RENEE'S TWEAK

If you're packing it ahead, keep the balsamic glaze in a small container and drizzle it in right before eating.