



## MEALS

GF

# CHICKEN APPLE SALAD WRAP

Turn a simple chicken salad into a crunchy, tangy, delicious lunch by adding chopped Gala apples and Dijon mustard to it. This chicken salad wrap is easy and a great lunch to take to school or work.

## SERVINGS:

4 people

## PREP TIME:

5 minutes

## COOK TIME:

5 minutes

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- ☐ ½ cup minced celery
- ☐ ¼ cup plain Greek yogurt
- ☐ ¼ cup mayonnaise
- ☐ 1 Tablespoon chopped pecans
- ☐ 1 Tablespoon minced red onion
- ☐ 1-2 teaspoons Dijon mustard
- ☐ ½ teaspoon garlic salt
- ☐ 2 cups mixed greens or butter lettuce
- ☐ 4 burrito sized tortillas

### INSTRUCTIONS:

1. Chop or shred chicken into bite sized pieces and transfer to a medium mixing bowl. Chop apple into ½ inch cubes and transfer to bowl.
2. Add celery, Greek yogurt, mayonnaise, pecans, red onion, Dijon mustard and garlic salt to bowl. Mix ingredients until all combined.
3. Assemble wraps by placing about ½ cup lettuce in the center 1/3 of each wrap, top with ¼ of chicken mixture. Roll into burrito. Eat immediately or place in a to-go container for

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