



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

THIS WEBSITE USES COOKIES

We use cookies to personalise content and ads, to provide social media features and to analyse our traffic. We also share information about your use of our site with our social media, advertising and analytics partners who may combine it with other information that you've provided to them or that they've collected from your use of their services.

Deny

Allow selection

Allow all

Necessary Preferences Statistics Marketing

Show details 

- 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

THIS WEBSITE USES COOKIES

We use cookies to personalise content and ads, to provide social media features and to analyse our traffic. We also share information about your use of our site with our social media, advertising and analytics partners who may combine it with other information that you've provided to them or that they've collected from your use of their services.

Deny

Allow selection

Allow all

Necessary Preferences Statistics Marketing

Show details ▾