



Prep & Cook Time **5-10 min.** | Cook Within **5 days** | Difficulty Level **Easy** | Spice Level **Not Spicy**



5 Minute Lunch

BBQ Chicken & Cheddar Wrap

no cooking required

In your box

- 1 oz. Crispy Fried Onions
- 2 Large Flour Tortillas
- 2 oz. Shredded Cheddar Cheese
- 6 oz. Roasted Chicken Breast
- 1 Romaine Heart
- 3 oz. BBQ Sauce

If using fresh produce, thoroughly rinse and pat dry

Make the Wrap

- Coarsely chop or tear **romaine lettuce**.
- Microwave **roasted chicken** until warmed, 1-2 minutes.
- Wrap **tortillas** in a damp paper towel and microwave until warmed, 1-2 minutes. *If tortillas come folded, keep folded.*
- Place tortillas on a clean work surface. Slather with **BBQ sauce**, then add **cheese**, roasted chicken, romaine, and **crispy fried onions**. Fold sides of tortilla toward center, then roll bottom edge toward the top, enclosing sides tightly. Bon appétit!

NUTRITION per serving Calories: 584, Carbohydrates: 63g, Fat: 22g, Protein: 28g, Sodium: 1318mg.

CONTAINS milk, wheat

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.