



# Chicken & Bacon Caesar Salad Wraps

## Ingredients:

1 head romaine lettuce  
1/4 cup shaved parmesan cheese  
1 tbsp olive oil  
1/2 lb chicken tenders or chicken breast, cut into equal size strips  
1/2 tbsp garlic salt or 2 tsp salt and 2 tsp garlic powder  
1 tsp each; black pepper (more if you wish), dried basil  
4 strips bacon, optional  
caesar salad dressing – make homemade, or use your favorite store bought kind

## Directions:

Start making your salad by prepping your chicken, and getting it cooking – this takes the longest. In a medium non stick skillet, over medium-high heat, add 1 tbsp olive until shimmering.

Add chicken, and season. Cook on one side for 4–5 minutes, or until the chicken is browned, and moves easily from the pan. Flip, and add bacon. (We used turkey bacon in this recipe, but I promise you that pork bacon – the real deal is the way to go, and would suggest using pork bacon 10000 times over!).

Keep stirring bacon around in pan with chicken tenders until crispy, and the chicken is fully cooked – about 5–10 more minutes, depending on how thick your chicken is. Once chicken and bacon are cooked. Turn off heat, and allow chicken to cool for 5 minutes before slicing.

Slice cooked chicken into equal bite size pieces or strips, and set aside.

Prep lettuce by removing the outer layers, cutting off the core, and some of the frayed ends at the top, and dice. Add to large bowl with shaved parmesan cheese.

Time to start assembling your wraps. Heating the tortillas a little bit will soften them up, make them easier to roll, and less likely to crack or tare. To heat tortillas, wrap desired amount in a damp paper towel, and microwave for 15–20 seconds. Carefully remove from microwave, and start assembling.

Layer a small amount of lettuce and shaved parmesan mixture, then chicken and bacon, and then top with your favorite caesar salad dressing.

By drizzling the dressing over the chicken prevents the lettuce from getting wilted and soggy which is what you want for a nice crunchy bite, and is perfect if you're making these wraps the night before for lunches.

Fold the bottom end over, and tightly roll tortilla around chicken, bacon and lettuce. I like using snack size tortillas to make these wraps.

If you use bigger tortillas, fold both ends in before rolling – like a burrito, and slice in half so that it fits nicely in a ziplock bag for lunch!