



Nutrition TEAM

with Kim Ross

Chicken Pesto Wrap

Makes: 5-6 wraps

Prep time: 10 minutes

Cook time: 20 minutes

Ingredients:

- 1 lb boneless, skinless chicken
- ½ red onion, diced
- 1 tomato, diced
- 1 cup chopped spinach
- 3 Tbsp pesto
- 1 cup Feta cheese
- 6 whole wheat or GF Tortillas (I used gluten free spinach)
- Coconut oil



Directions

1. Cut chicken into small chunks and place in a medium sized pan. Cook until no longer pink.
2. While chicken is cooking dice the red onion and tomatoes, chop the spinach and shred the cheese.
3. Put all of the ingredients in a bowl and mix adding in the pesto.
4. Take a tortilla and add about ¾ - 1 cup of the mixture to the center of the tortilla. Wrap like a burrito.
5. Put coconut oil on both sides and place in a pan (seam side down) and cook on medium heat until browned. Flip and do the same on the other side.
6. It should be warm throughout.
7. Enjoy!

Notes:

- You can easily cook these in a frying pan or in a panini press.
- For leftovers, I usually heat up the mixture before placing it in the tortilla to make sure it is hot throughout.

Nutritional Value Per Whole Wheat tortilla

355 Calories 14.2g Fat 27.6g Total carbs 4g Fiber 23.6g Net carbs 31.4g Protein

***About the Contributor:** Nicole Brooker earned her Master's degree in Applied Clinical Nutrition from New York Chiropractic College in August 2018. Nicole is passionate about nutrition education, GI health and disease prevention. She is currently an adjunct professor at Columbia International University where she developed and wrote the curriculum for a Health and Nutrition Minor. She is currently earning clinical hours toward the Certified Nutrition Specialist (CNS) credential under Kim Ross's supervision.*