

Plate Dream

Cheesy Garlic Chicken Wraps

10 min Prep time	**15 min** Cook time	**25 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb chicken breast, diced
- [ ] 4 low-carb tortillas
- [ ] 1 cup sharp cheddar cheese, shredded
- [ ] 3 garlic cloves, minced
- [ ] 1 tbsp olive oil
- [ ] 1 tsp lemon juice
- [ ] 1 tsp honey

Optional Toppings

- [ ] Fresh parsley, chopped
- [ ] Sliced avocado
- [ ] Thinly sliced radish

Instructions

1. Heat olive oil in a skillet over medium-high heat; add the minced garlic and sauté until fragrant, about 30 seconds.
2. Add the diced chicken, season with a pinch of salt, and cook until golden brown and cooked through, roughly 5-6 minutes.
3. Stir in lemon juice and honey, letting the glaze coat the chicken for another minute.
4. Warm each tortilla in a dry pan for 15 seconds, then layer with shredded cheese, a spoonful of chicken, and any optional toppings.
5. Fold the sides and roll tightly; let the wrap sit for a minute so the cheese melts fully.
6. Slice diagonally and serve warm, perhaps alongside a simple cucumber salad.

Nutrition per serving

340 kcal	32 g	12 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the tortillas feel stiff, microwave them for 10 seconds to soften.
- Adjust honey to taste; a little goes a long way with the garlic.
- For extra flavor, sprinkle a pinch of smoked paprika on the chicken while cooking.