

Grilled Chicken Caesar Wrap



Transform the classic Caesar salad into a practical wrap for a quick lunch, perfect for busy mid-days or an outdoor meal! By mixing the Caesar dressing with Greek yogurt, you get a version that is lower in fat and higher in protein, ideal for sustaining your energy and maintaining your satiety throughout the day. Developed by our [dietitians](#), this fresh and gourmet option can be prepared in just a few minutes. For other cold meal ideas, discover our suggestions for a [healthy picnic](#)!

Preparation 10 min

Cooking 1 min

Servings 1

Nutrition Facts (per serving)

Calories 370

Fat 14

Carbohydrates 27

Fibre 4

Protein 34

Sodium 580

Ingredients

Caesar Dressing

- 30 ml (2 tbsp) 0% M.F. plain Greek yogurt

- 15 ml (1 tbsp) store-bought Caesar dressing

Wrap

- 125 ml (½ cup) finely chopped romaine lettuce
- 90 g (3 oz) skinless grilled chicken breast, sliced
- 15 ml (1 tbsp) grated Parmesan cheese
- 1 medium whole-wheat tortilla (50 g)
- Lemon juice, to taste

Preparation

1. In a small bowl, mix together the Greek yogurt and store-bought Caesar dressing. Set aside.
2. In a skillet set over medium heat, warm the tortilla for 15 to 30 seconds per side.
3. Spread the sauce mixture over the tortilla, then top with the grilled chicken breast and romaine lettuce.
4. Sprinkle with Parmesan cheese and add a splash of lemon juice to taste, then roll up the wrap tightly.

Notes

Keeps for up to 3 days in the refrigerator, but best enjoyed immediately. Do not freeze.



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