Chicken Cheesesteak Wrap Recipe

**SERVINGS: 1**

**INGREDIENTS**

¼ pound boneless, skinless chicken breast, trimmed of visible fat
¼ cup onions, chopped
¼ cup green pepper, sliced
¼ cup mushrooms, sliced
1 wedge (¾ ounce) Laughing Cow Original light swiss cheese or equivalent
1 whole wheat flour, low-carb tortilla
2 teaspoons sliced pickled hot chili peppers (optional)

**DIRECTIONS**

1. Place chicken breast on cutting board, pound to 1/4” thin and slice into very thin strips.
2. Place a skillet over medium high heat and mist with cooking spray.
3. Add the onion and chicken to the heated pan and cook until onions are translucent and chicken is no longer pink throughout.
4. Add green peppers and mushrooms to the pan and cook until peppers and mushrooms soften.
5. Place tortilla between 2 damp paper towels. Microwave for 20 seconds.
6. Lay the warm tortilla flat and spread cheese in an even strip in the middle.
7. Top with chicken, peppers, onions and mushrooms.
8. Add chili peppers if using.
9. Fold sides of tortilla over middle. Serve immediately.

**NUTRITIONAL VALUES**

Serving size: 1 wrap
Calories: 264
Carbohydrate: 17 grams
Fat: 6 grams (2 grams saturated)
Protein: 33 grams
Cholesterol: 76 milligrams
Sodium: 620 milligrams
Fiber: 4 grams