



## Mobile Teaching Kitchen



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## Green Goddess Glow Wrap



# Green Goddess Glow Wrap *Serves 4*

Recipe created and crafted by Shayla Leftridge in WV Health Right's COMMUNITY Wellness Teaching Kitchen

**Calories: 236**

**Fat: 10g**

**Carbs: 4g**

**Protein: 14g**

## **RECIPE:**

Blend all sauce ingredients and adjust seasonings to taste. Add a bit of water if you want a wetter consistency. Cut or beat chicken breast until even and about 1/2 inch in thickness. Coat lightly with oil, lemon juice, garlic powder, onion powder, salt and pepper. On medium heat in an oiled skillet, cook on both sides until fully cooked. Cool completely. Chop chicken into bite sized pieces and mix with the sauce. Wrap together the chicken mixture, the leafy greens, the cheese and the green onion. Sprinkle with tarragon and dill. Serve chilled.

## **CHICKEN WRAP**

### **INGREDIENTS:**

- 1 lb. boneless skinless chicken breast
- 1 T. olive or avocado oil
- 1/8 t. garlic powder
- 1/8 t. onion powder
- 4 large low carb tortilla wraps
- 1/4 c. low fat mozzarella or feta cheese
- 1/2 lemon (juice)
- 1/4 c. chopped green onion
- 1-2 c. mixed leafy greens or fresh spinach
- Sprinkle of fresh or dried dill
- Sprinkle of fresh or dried tarragon
- Salt and pepper to taste

## **SAUCE**

### **INGREDIENTS:**

- 2 T. olive oil mayo
- 1/2 c. nonfat plain Greek yogurt
- 1/2 ripe avocado
- 1 fresh garlic clove
- 1 T. fresh parsley
- 1 bunch fresh basil
- 1 t. dill
- 1/2 lemon juice and zest
- 1/4 t. garlic powder
- 1/4 t. onion powder
- 1/2 c. English cucumber
- 1/8 t. dried green onion (opt.)