

## Ranch Chicken Salad Wrap

### Ingredients\*

2 cups shredded leftover rotisserie chicken, OR bake off 2-3 chicken breast

½ cup 1% buttermilk

3 tablespoons mayonnaise

2 tablespoon fresh finely chopped chives

½ teaspoon kosher salt

¼ teaspoon garlic powder

¼ teaspoon onion powder

¼ teaspoon dried parsley

¼ teaspoon dried basil

Fresh black pepper

1 cup shredded carrot

1 cup chopped celery



### Instructions

1. In a large bowl mix buttermilk, mayo, and seasonings together
2. Add in shredded chicken and combine
3. Refrigerate or serve immediately
4. Place ½ cup chicken salad into whole wheat wrap (wrap of your choice) layer in arugula, tomato, onion

### Nutrition Information

Serving: 1/2 cup

167 calories, 2g carbohydrate, 0.5g fiber, 9.5g fat, 17.5 g protein, 263mg sodium



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