

Summertime Wrap

with Chicken & Strawberries



4 servings



15 mins

INGREDIENTS

FOR DRESSING:

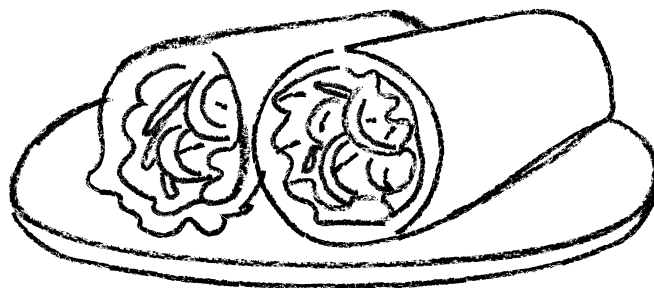
- 2 TBsp pure maple syrup
- 1 TBsp olive oil
- 1 TBsp red wine vinegar
- 1 tsp Dijon mustard
- 1/4 tsp poppy seeds
- pinch of salt

FOR WRAP:

- 2 cups roughly torn spinach leaves, or more to taste
- 1/2 cup chopped chicken
- 1/2 cup chopped strawberries
- 1/4 cup chopped toasted pecans
- 1/4 cup crumbled feta cheese
- 4 (10inch) flour tortillas

DIRECTIONS

- For the dressing, add maple syrup, olive oil, red wine vinegar, mustard, poppy seeds, and salt to a jar with a tight-fitting lid.
- Seal jar and shake vigorously to blend.
- Toss spinach, chicken, strawberries, pecans, and feta cheese together in a bowl.
- Drizzle 2 tablespoons dressing into salad; toss to combine.
- Microwave tortillas until pliable, 10 to 20 seconds.
- Lay tortillas on a clean surface, and spoon an equal portion of chicken salad in the center of each tortilla.
- Fold in sides of tortillas, almost to the center. Bring the bottom of the tortilla over the folded sides, tuck tightly over filling and roll until the sandwich is secured.
- Slice sandwich wrap in half on the diagonal, if desired.
- Serve with remaining salad dressing.



Adapted from allrecipes.com