

Toasted Chicken & Turkey Bacon Tortilla

Oakland School Tech SE



Ingredients

4 slices turkey bacon
1 chicken breast
4 oz. mozzarella, sliced or shredded
2 tomato tortilla
1 avocado
1 lemon
1 tomato
1 Tbsp. hummus
1 tsp. dry ranch seasoning
1 tsp. dry fajita seasoning

Directions

Cook bacon in sauté pan until crisp. Place chicken in zip lock bag with dry seasoning and shake to coat. When bacon is crisp, remove. Cook chicken in same pan, (internal temperature at least 165 degree) Wash vegetables. Slice avocado and tomato into a bowl and toss with juice from lemon. Remove cooked chicken from the pan, cool slightly and shred. Two forks work well for this. Wipe pan out and warm the tortilla in pan over medium heat. Assemble the wraps by spreading the hummus, adding tomato, avocado and cheese, top with chicken and bacon. Roll up and slice.

Nutritional Information

Calories per serving
Total Fat
 Saturated Fat
Cholesterol
Sodium
Total Carbohydrates
 Dietary Fiber
Protein

Servings 2

734
36 g
12g
75mg
749mg
49g
13g
38g