



Chicken Caesar Salad Wraps

Family Recipe

Serves 4

Ingredients:

chicken

- 1 tablespoon olive oil
- 2 cloves garlic, peeled and chopped
- 1 pound boneless and skinless chicken breast
- 1 lemon, juiced
- salt and pepper to taste

other ingredients

- 1 head romaine lettuce, chopped and washed

- 1 cup premade croutons
- 4 tablespoons grated Parmesan or Romano cheese
- 4 whole wheat flour tortillas

dressing

- ¼ cup olive oil
- 2 lemons, juiced
- 2 cloves garlic, peeled and chopped
- 1 teaspoon Dijon mustard

Directions:

1. First prepare the chicken. Heat olive oil in a skillet over medium heat. Add garlic and cook 1 minute. Add chicken and cook 5 minutes stirring occasionally. Add lemon juice and cook for 2 minutes. Season chicken lightly with salt and pepper. Set aside.
2. Prepare the dressing next. Wisk together the olive oil, lemon juice, garlic and Dijon mustard. Set aside.
3. Place the chopped lettuce in a large bowl. Add the dressing and toss. Add the croutons and grated cheese and toss again.
4. Set out the 4 tortillas. Put an equal amount of the lettuce mixture in the center of each one. Top the lettuce with equal amounts of the chicken.
5. Wrap each one by folding in the sides and then wrap from bottom to top. Wrap in waxed paper or foil leaving the top open to eat. Serve within one hour.

For the best flavor, use ingredients in season from a farmers' market or in winter ask at the supermarket for vegetables grown on a local farm.

For more information, email dolcott@challiance.org.

The *Tasty Choices* program, a partnership between Public Health Department nutritionists and the Cambridge Schools' Food Services Department, introduces fresh and appealing foods to school menus. Chef Vin Connelly works with food service staff to develop healthy, seasonal recipes for the city's public schools. The program engages students in taste tests and learning activities. Founding partners are the Cambridge Public Health Department, Cambridge Public Schools, Institute for Community Health, and CitySprouts school gardens. *Tasty Choices* is coordinated by Dawn Olcott, a nutritionist with the Cambridge Public Health Department's School Health Program.

Do 5-2-1 Every Day!

5 servings of fruits & vegetables

2 hours or less of TV/screen time

1 hour of physical activity