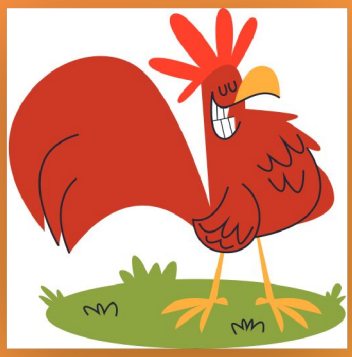
**MINICHEF RECIPES**

by Noah - Healthy & Fun Cooking for Kids



# Chicken Avocado Wrap

A Refreshing & Nutritious Meal 🥑 Creamy avocado meets tender chicken

| PREP TIME | COOK TIME | SERVINGS |
| --- | --- | --- |
| 10 min | 0 min | 4 wraps |

## Ingredients

- **4** Whole wheat tortillas
- **1 pound** Cooked chicken breast
- **2** Ripe avocados
- **1 cup** Mixed greens
- **½ cup** Shredded carrots
- **½ cup** Sliced cucumbers
- **¼ cup** Hummus
- **To taste** Salt and pepper

## Directions

1. **Prep tortillas:** Lay out tortillas on a clean surface.
2. **Spread base:** Spread hummus on each tortilla.
3. **Add chicken:** Add sliced chicken breast.
4. **Layer veggies:** Top with avocado, greens, carrots, and cucumbers.
5. **Season:** Season with salt and pepper to taste.
6. **Roll & serve:** Roll tightly into wraps, cut in half and serve immediately.

## Nutrition Info

| CALORIES | PROTEIN |
| --- | --- |
| 350 | 25g |

| CARBS | FAT |
| --- | --- |
| 30g | 18g |

## Pro Tips

- Add jalapeños or hot sauce for spicy kick
- Add feta and olives for Mediterranean twist
- Add black beans, corn, cheddar for Southwest style
- Perfect for lunchboxes - wrap tightly in foil