

Buffalo Chicken Wrap

6 ingredients · 10 minutes · 2 servings



Directions

1. In a medium-sized bowl, mix together the shredded chicken with the hot sauce and season with salt and pepper.
2. Lay the tortilla flat and top with the arugula, and then the chicken and avocado. Roll the tortilla tightly and enjoy!

Notes

Leftovers

Refrigerate wrapped in tin foil or parchment paper for up to two days.

Gluten-Free

Use a gluten-free tortilla.

No Arugula

Use spinach instead.

Additional Toppings

Top with cheddar cheese or blue cheese, or spread with cream cheese.

Ingredients

5 ozs Chicken Breast, Cooked (shredded)

2 tbsps Hot Sauce

Sea Salt & Black Pepper (to taste)

2 Whole Wheat Tortilla

1 1/2 cups Arugula

1 Avocado (sliced)