



RECIPE | TOMATOES

LOW CARB TOMATO BASIL CHICKEN WRAP

15 min

5 min
PREP.
10 min
COOKING



1



easy

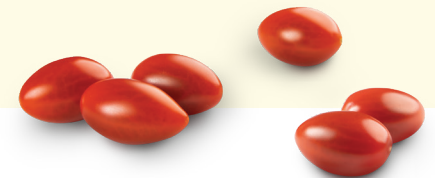
INGREDIENTS

Recipe created by Heather Brown

- 1 dry pint** Pure Flavor® Cloud 9® Bite-Sized Fruity Tomatoes
- 2** low-carb wraps
- 1** sprig fresh basil, leaves removed & roughly chopped
- ½ cup** chicken, cooked & shredded
- 3 tbsp** marinara sauce
- 2 tbsp** plain Greek yogurt, divided
- 1 tbsp** pesto
- ½ tsp** garlic powder
- Salt & pepper, to taste
- Pickle, for garnish

DIRECTIONS

- 1 Heat a non-stick skillet to medium-high heat. Add tomatoes to one side of the pan and add chicken to the other side. Season with salt, pepper & garlic powder, and sauté for 5 minutes.
- 2 Remove tomatoes & chicken from the pan.
- 3 Add a wrap to the pan & spread marinara, pesto, and 1 tablespoon of Greek yogurt evenly across the wrap.
- 4 Add chicken, tomatoes & basil on top.
- 5 Add a second wrap on top and cook for an additional 2 minutes on each side.
- 6 To serve, cut or fold in half, add the remaining yogurt on top, and plate with a pickle spear.



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