

Easy Mediterranean Chicken Wrap

ingredients

- Whole wheat wraps or pita bread
- 1 pound boneless skinless chicken breast
- 1 can chickpeas (drained and rinsed)
- 1 head romaine lettuce (chopped)
- 1 cup cucumbers (diced)
- 1 cup tomatoes (diced)
- 1/4 cup red onions (diced)
- 1/2 avocado (diced)
- 1 bunch parsley
- 2 tablespoons of hummus
- 1/4 cup feta cheese
- 1 tablespoon olive oil
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon garlic powder
- 1/2 teaspoon paprika

instructions

1. Preheat oven to 425 °F.
2. Place the chicken breast in a single layer on baking sheet and brush both sides with olive oil. Sprinkle the salt, pepper, garlic powder, and paprika evenly on both sides of the chicken.
3. Bake chicken for 15-18 minutes or until the internal temperature reached 165°F. Remove from oven and let rest for 5-10 minutes.
4. Dice the cucumber, tomatoes, red onion, and avocado into bite sized pieces. Roughly chop romaine lettuce and parsley and set aside.
5. Drain and rinse canned chickpeas. Option to season and roast in oven at 425 °F for 20 minutes, or until golden brown and crisp
6. Assemble the wraps. Spread a thin layer of hummus on top of the whole wheat wrap. Add vegetables of choosing - chopped lettuce, diced red onions, cucumbers, tomatoes, avocados and parsley. Sprinkle feta cheese on top. Wrap like a burrito and enjoy immediately or wrap in plastic wrap and keep cold until ready to eat.

