

BBQ Chicken Wraps

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Serves 4

Blue – 2 points

Purple – 2 points

Green – 3 points

Chicken

- 8 ounces boneless, skinless chicken (I used 4 small breasts)
- 2 Tbsp BBQ dry rub
- 1/4 cup Sugar free BBQ sauce

Slaw

- 7 oz cole slaw mix
- 1/4 cup light mayonnaise
- 1 Tbsp light sour cream
- 2 tsp dijon mustard
- 2 tsp apple cider vinegar
- 1/2 tsp sugar
- salt and pepper to taste

Remaining Ingredients

- 4 wraps of choice – I used Ole Extreme Wellness – they are 1 point each

- lettuce/greens of choice
- additional BBQ sauce to drizzle on

Chicken

1. Rub dry rub into chicken.
2. Heat a grill pan or outdoor grill and cook chicken until done, basting with BBQ sauce as it cooks. Set aside when done.

Slaw

1. Place cole slaw mix in a medium bowl
2. In another bowl, mix mayo, sour cream, mustard, vinegar, salt and pepper and sugar until well combined.
3. Add to cole slaw mix and stir to combine. Set aside.

Assembly

1. On top of wrap, add lettuce
2. Slice chicken into strips, place on top of lettuce. Drizzle with a little BBQ sauce if desired.
3. Place 1/3 cup cole slaw on top of chicken.
4. Wrap up sandwich and serve!
5. ***If making this for meal prep, I would not make the sandwich, but keep the components separate and put together before eating.***