

Buffalo Chicken Wraps

Simple and quick enough for lunch...enough food for dinner too!

You Need:

Garden of Eatin' Buffalo Chicken Strips

Tortillas (Plan D Whole Wheat tortillas)

Lettuce

Avocado

Bell Peppers

Onions

Zucchini

Ranch Dressing (I haven't found a good non dairy ranch so I count this small amount toward my 5%-BJ)

Prepare the Garden of Eatin' Buffalo strips according to the package (I like them in a skillet best)

Once they are hot, saucy and ready you can build your wrap.

Lay tortilla out flat (give yourself enough room to work) Start with your Chicken Strips, then add some thinly sliced avocado, bell peppers, lettuce, onions, and zucchini. Top with more buffalo sauce or your favorite vegan dressing. Roll up wrap from side to side folding the ends in as you roll. Cut at an angle and a toothpick for stability and you are all set. (This is a good thing to make up a few ahead of time for the week ahead)

Vita-Mart

516 S. Beeline Hwy.

Payson, AZ 85541

928-474-4101

www.thevitamart.com