

Hawaiian BBQ Chicken Wraps

Prep/Cook Time: 25 minutes Number of Servings: 2

Ingredients:

- 1/2 tablespoon olive oil
- 1-4oz boneless, skinless chicken breasts, cut into bite-size pieces
- Fresh ground pepper, to taste
- 3 tablespoons barbecue sauce
- 1/4 cup shredded mozzarella cheese
- 1/3 cup chopped pineapple, fresh or canned
- 2 tablespoons chopped red onion
- 1 cup chopped romaine lettuce
- **Optional:** 2 tablespoons chopped cilantro
- 2 whole wheat wraps or tortillas



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Directions:

1. Heat the olive oil in a large skillet over medium high heat.
2. Add the chicken and season with black pepper and any other salt-free seasonings you like.
3. Cook, flipping chicken over until it is completely cooked through and golden brown (about 10-12 minutes).
4. Remove skillet from the heat. Add the barbecue sauce to the skillet and toss to evenly coat the chicken.
5. Place tortillas on two plates and top each with half of the following: BBQ chicken, pineapple, chopped onion, mozzarella, romaine and cilantro (if using). Roll everything up into a burrito and enjoy.

Nutrition Facts (per serving):

Calories: 270 Protein: 26gm Total Carbohydrates: 30gm
Fiber: 10gm Total Fat: 10gm Cholesterol: 40mg Sodium: 904mg