

Chicken & Black Bean Wraps

8 ingredients · 15 minutes · 2 servings



Directions

1. In a medium sized bowl, mix together the beans, taco seasoning, yogurt, mayonnaise, and lime juice.
2. Add the chicken and season with salt and pepper. Mix to combine.
3. Place the tortilla on a plate and top with the chicken and bean mixture. Fold in the sides of the tortilla and roll it up. Slice the wrap in half. Enjoy!

Notes

Leftovers

Best enjoyed immediately. Ingredients can be refrigerated separately in airtight containers for up to three days.

Serving Size

One serving is equal to one wrap.

Additional Toppings

Add greens such as baby spinach, arugula, or kale. Or add avocado.

Gluten-Free

Use a gluten-free tortilla.

Dairy-Free

Use dairy-free unsweetened yogurt.

Ingredients

- 3/4 cup** Black Beans (cooked, rinsed)
- 1/2 tsp** Taco Seasoning
- 2 tbsps** Plain Greek Yogurt
- 1 tbsp** Mayonnaise
- 1 tsp** Lime Juice
- 5 ozs** Chicken Breast, Cooked (shredded)
- Sea Salt & Black Pepper (to taste)
- 2** Whole Wheat Tortilla (large)

