



# Leftover Chicken Tender Buffalo Wraps

Probably one of the most popular and versatile dinner foods is chicken. Getting creative with your leftovers can keep you out of a rut, allowing you and your family to look forward to using up leftovers. Delicious for dinner or lunch, these wraps are a quick, effective, and healthy way to leave you feeling satisfied.

Prep: 10 minutes • Total: 10 minutes

## Ingredients:

Whole wheat wraps	4 each	4 each
Romaine lettuce, shredded	1 cup	250 mL
Tomato, sliced	1 each	1 each
Red onion	½ each	½ each
Ranch dressing (or plain yogurt)	¼ cup	60 mL
Buffalo wing hot sauce	¼ cup	60 mL
Leftover chicken strips	12 oz	340 g

## Directions:

1. Place chicken, lettuce, onion, and tomato on one side of the wrap.
2. Drizzle with ranch dressing (or plain yogurt) and hot sauce.
3. Roll up into a wrap, cut in half and serve.

## Nutrition Facts

Serving Size (199g)	
Servings Per Container	
Amount Per Serving	
<b>Calories</b> 330	Calories from Fat 70
% Daily Value*	
<b>Total Fat</b> 7g	<b>11%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 65mg	<b>22%</b>
<b>Sodium</b> 450mg	<b>19%</b>
<b>Total Carbohydrate</b> 34g	<b>11%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 7g	
<b>Protein</b> 28g	
Vitamin A 2%	• Vitamin C 15%
Calcium 4%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

**Adapted from:**  
NutritionRx in partnership with  
Chef Lindsay Sferrazza

Makes 4 servings ( 199 g / serving ) • 1 serving = 1 wrap

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