

Helergon Kitchen

Cheesy Garlic Chicken Wraps – Easy Weeknight Dinner

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb chicken breast, cut into thin strips
- [ ] 2 large whole-wheat tortillas
- [ ] 1 cup sharp cheddar cheese, grated
- [ ] 3 garlic cloves, minced
- [ ] 1 tbsp olive oil
- [ ] 1 tsp lemon juice
- [ ] 1 tsp honey
- [ ] Salt and pepper to taste

Optional Extras

- [ ] Fresh cilantro, chopped
- [ ] Sliced avocado

Instructions

1. Heat olive oil in a skillet over medium-high heat; add the chicken strips, season with salt and pepper, and sear until golden, about 5-6 minutes.
2. Add minced garlic, stir for 30 seconds until fragrant, then drizzle with lemon juice and honey; toss to coat the chicken.
3. Sprinkle grated cheese over the chicken, lower the heat, and let it melt gently, stirring occasionally.
4. Warm each tortilla in a separate dry pan for 15 seconds per side, then spoon the cheesy chicken mixture onto the center, add optional cilantro or avocado, and roll tightly.
5. Serve immediately, perhaps alongside a fresh cucumber salad.

Nutrition per serving

420 kcal	30 g	35 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you love the spice of bang-bang sliders, add a dollop of sriracha mayo inside the wrap.
- For a crunchy twist, place the finished wraps under a broiler for 1-2 minutes, watching closely.
- Store leftovers in an airtight container; reheat gently in a skillet to keep the tortilla soft.