

Helergon Kitchen

Cheesy Garlic Chicken Wraps – Quick Low Carb Delight

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, diced
- [ ] 4 low-carb tortillas
- [ ] 1 cup sharp cheddar cheese, shredded
- [ ] 1 red bell pepper, thinly sliced
- [ ] 1 cup lettuce leaves, shredded
- [ ] 2 cloves garlic, minced
- [ ] 1 tbsp olive oil
- [ ] 1 tbsp honey
- [ ] 1 tsp lemon juice
- [ ] Salt and pepper to taste

Instructions

1. Heat olive oil in a large skillet over medium-high heat. Add the diced chicken, season with salt and pepper, and sear until golden brown, about 5-6 minutes.
2. Add minced garlic, honey, and lemon juice to the pan. Stir gently, letting the garlic become fragrant while the honey begins to caramelize, about 1-2 minutes.
3. Stir in the sliced bell pepper, cooking just until it softens slightly, about 2 minutes, then sprinkle the shredded cheddar over the chicken. Cover for 1 minute to melt the cheese.
4. Warm each tortilla in a separate dry pan for 20 seconds per side. Layer lettuce, the cheesy garlic chicken mixture, and a drizzle of extra olive oil. Roll tightly and serve.
5. For a different twist, try pairing this wrap with a side of Bang-Bang Chicken Sliders or a bowl of Creamy Garlic Chicken Ramen.

Nutrition per serving

340 kcal	32 g	12 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer extra heat, add a pinch of red pepper flakes with the garlic.
- Make sure the tortillas are warm; cold wraps can tear easily.
- Leftover chicken can be stored in an airtight container for up to three days.