



Healthy Lunch Box Lunches Recipe #2:

Chicken Gyro Wrap

1 Rotisserie Chicken deboned, chopped

Whole wheat tortillas

Lettuce, washed and dried on paper towels, tear into small pieces

1 carrot, grated

Directions:

Place tortillas on a plate line with lettuce and grated carrots. Add 1/3 cup of chicken on top and drizzle with Tzatziki sauce (recipe below). Roll up like a burrito and slice in half.

Tzatziki Sauce:

1 cup Greek yogurt

1 English cucumber, seeded, finely grated and drained

2 cloves, finely minced

1 teaspoon lemon zest

1 Tablespoon fresh lemon juice

T Tablespoons chopped fresh dill

Kosher salt and freshly cracked black pepper

Directions:

In a medium bowl whisk together the yogurt, cucumber, garlic, lemon zest, lemon juice and dill. Season with salt and pepper. Chill.

To complete the lunch, add fresh fruit and a serving of Skinny Pop popcorn.