🌯 Chicken Caesar Wrap Lab

Culinary 1 · Unit 12 · Level 1 · after the Chili Lab



Name: _____

Makes 4-5 wraps. Mrs. Dyches' recipe: Grilled Chicken Caesar Wrap (group).

🧺 Chicken: get it. Check ☐.

- ☐ 🍗 **2 large** boneless chicken breasts (5 oz each)
- ☐ 🫒 **2 Tbsp** olive oil
- ☐ 🍋 **1 tsp + 2 Tbsp** lemon zest + lemon juice
- ☐ 🧄 **1 clove** garlic
- ☐ 🧂 salt + pepper

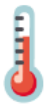
🧺 Dressing: get it. Check ☐.

- ☐ 🥛 **½ cup** sour cream
- ☐ 🧀 **2 Tbsp** parmesan
- ☐ 🍋 **1 Tbsp** lemon juice
- ☐ 🟡 **1 Tbsp** Dijon mustard
- ☐ **2 tsp** Worcestershire
- ☐ 🧄 **½ clove** garlic

🧺 Wrap: get it. Check ☐.

- ☐ 🍅 **½ cup** cherry tomatoes, quartered
- ☐ 🥬 **1 heart** romaine, chopped
- ☐ **4-5** 12-inch tortillas
- ☐ 🍞 **3 slices** bread for croutons + 2 Tbsp oil

👩‍🍳 Do one box. Check ☐ it.

1		Chicken in lemon + oil.	☐
2		Cook the chicken.	☐
3		Check: **165**.	☐
4		Wash hands!	☐
5		Bake croutons.	☐
6		Mix dressing.	☐
7		Cut lettuce.	☐
8		Fill + roll. Photo!	☐