🌯 Chicken Caesar Wrap Lab

Culinary 1 · Unit 12 · Level 2 · after the Chili Lab



Name: _____ Date: _____ Period: _____

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

🧺 Chicken

- ☐ 🍗 **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

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

🧺 Wrap

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

👩‍🍳 Steps: check each box when you finish

1. 🍗 Whisk oil, lemon zest, lemon juice, garlic. Coat the chicken. ☐
2. 🍳 Grill on **medium-high** about **10 minutes per side**. ☐
3. 🌡️ Check **165°F**. Rest. Slice thin. ☐
4. 🧼 Wash hands and the raw-meat board. ☐
5. 🍞 Croutons: cube bread, toss with oil + parmesan. Bake **375°F** about **10 minutes**. ☐
6. 🥣 Dressing: mix sour cream, parmesan, lemon juice, mustard, Worcestershire, garlic. ☐
7. 🥬 Chop the romaine. Quarter the tomatoes. ☐
8. 🌯 Warm a tortilla 20 seconds. Toss chicken, salad, dressing, croutons. Fill and roll. Photo! ☐