

California Club Wrap

The following recipe was created in collaboration with Lauren Schulte. To see more of her bites and meals, visit her Instagram [@TheBiteSizePantry](#).

Ingredients

For the Wrap

- 4 cups shredded chicken, cooked
- 8 slices of bacon, cooked
- 4 large flour tortilla wraps
- Green leaf lettuce,
- ½ cup Greek yogurt
- 1 cup cheddar cheese, shredded
- ¼ cup green onion
- ¼ cup red onion
- ½ green house tomato, diced, equal to ¾ cup diced
- Salt and pepper



**Note:* I typically buy a Heinen's whole rotisserie chicken and shred it up. This will usually give you approximately 4 cups of cooked chicken. You'll want to break down and break apart the chicken until the meat is shredded. You can also use chicken tenders (8-10) or breasts (4-6) depending on the size, just make sure to cook them through and then shred them up.

For the Avocado Spread

- ½ cup Greek yogurt
- 1 cup cilantro, leaves and stems
- Juice of ½ a lemon
- 1 large avocado
- Salt and pepper

Instructions

1. In a large mixing bowl, add your cooked chicken, ½ cup Greek yogurt, cheddar cheese, green onion, red onion, tomato. Generously season with salt and pepper. Mix it well until combined.
2. To cook the bacon, roast on a rack over a deep baking pan lined with foil for easy clean up. Preheat the oven to 425°F and place the bacon slices on the rack of the pan lined with tin foil. Bake it on the top oven rack for 20 minutes or until cooked to your desired texture.
3. While your bacon is cooking, start on your avocado spread. In a food processor or high-powered blender, place avocado, cilantro, ½ cup Greek yogurt and lemon juice. Blend until smooth.
4. Spread 2 Tbsp. of avocado spread over a tortilla, leaving 1" space from the edge of the tortilla. Place a couple pieces of green leaf lettuce down the center of the wrap followed by 2 slices of bacon and ¾ cup of the chicken mixture.
5. Tuck in the sides and roll from the bottom up until you achieve that burrito look to your wrap. Slice it down the center or eat it whole. However you like to slice it, it's delicious!