

LOW CARB TZATZIKI CHICKEN WRAP



INGREDIENTS:

- 1 cup 2% cottage cheese
- 1 egg
- 1 egg white
- 1/2 tsp garlic powder
- 1 tbsp Italian herbs
- 1 oz chicken
- 1 cup spinach
- 2-3 mini bell peppers
- Optional: 3-4 kalamata olives
- 1 50 calorie serving tzatziki dressing

DIRECTIONS:

1. Pre heat oven to 350
2. Line a baking sheet with parchment paper and spray with cooking oil
3. Blend the cottage cheese, egg, egg white, Italian herbs, and garlic powder until smooth
4. Slowly pour the mixture on the parchment paper, spread the mixture. Should be ~ 1/2 inch thick at the center, don't spread too thin
5. Bake for 35-40 minutes. Allow to cool completely after baking before removing from the sheet pan
6. Fill with chicken, spinach, bell pepper, olives, and tzatziki dressing

Enjoy!

Makes 2 Servings | Serving Size: 1/2 Wrap
Calories: 221 | Protein: 24 g | Carb: 11 g | Fat: 9 g | Fiber: 2 g