

Zucchini Bread Recipes

Cheesy Garlic Chicken Wraps - Quick Low Carb Delight

15 min Prep time	**25 min** Cook time	**40 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb chicken breast, thinly sliced
- [ ] 2 cups sharp cheddar cheese, shredded
- [ ] 4 cloves garlic, minced
- [ ] 2 tbsp butter
- [ ] 1 tbsp lemon juice
- [ ] 8 large romaine lettuce leaves

Seasoning

- [ ] Salt and pepper to taste
- [ ] 1 tsp smoked paprika (optional)
- [ ] Fresh parsley, chopped for garnish

Instructions

1. Pat the chicken pieces dry and season with salt, pepper, and smoked paprika.



2. Heat butter in a large skillet over medium-high heat; add minced garlic and sauté until fragrant, about 30 seconds.



3. Add the chicken to the skillet, cooking until just browned and cooked through, roughly 5-7 minutes.



4. Reduce heat to low, sprinkle shredded cheese over the chicken, and stir gently until the cheese melts into a silky sauce.

5 Stir in lemon juice, then remove from heat.



6 Lay a lettuce leaf flat, spoon the cheesy garlic chicken onto the center, garnish with parsley, and fold or roll gently.



Nutrition per serving

420 kcal	38 g	6 g	24 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a spicier bite, add a pinch of red pepper flakes with the garlic.
- For extra creaminess, stir in a tablespoon of cream cheese right after the cheese melts.
- Keep the wraps covered with a damp paper towel while you finish the batch to retain moisture.