

Fiesta Chicken Tortilla Wraps

Ingredient

1/3 cup canola oil + 2 grated garlic cloves
8-10 flour tortillas
2 tsp. dried cilantro
2 tsp. chili powder

For the filling:

6 ounces non-fat Greek yogurt
12 ounces cooked chicken, shredded [NOTE: a deli roasted chicken is perfect for this!]
1 cup co-jack cheese
½ cup corn kernels
1 small jalapeno or serrano pepper, seeded and finely chopped
1-2 green onions, sliced
2 garlic cloves, minced or grated
1/3 cup salsa
1 tsp. cumin
Juice of half a lime
Salt and pepper to taste

For the avocado-lime dipping sauce:

1 ripe avocado, peeled and mashed
6 ounces nonfat plain Greek yogurt
Juice and zest of one lime
1 tsp. dried cilantro
2-3 drops Tabasco
Salt & pepper to taste

Instructions

Step 1: Preheat oven to 400. Add the filling ingredients to a large mixing bowl. Stir with a spatula or spoonula, until evenly mixed. Heat the canola oil and two grated garlic cloves in a small saucepan over med heat. When the oil is hot, turn off the heat and let the garlic infuse into the oil for 5-10

minutes.

Step 2: Assemble the tortillas by adding about 2 tbs. of the filling along the lower third of the flour tortillas – feel free to sprinkle with a bit more cheese on top if you like it extra cheesy! Roll up and place seam side down on a large rimmed baking sheet lined with parchment.

Step 3: Brush each tortilla rollup with the garlic oil and sprinkle with the salt, dried cilantro, and chile powder. Bake for 8-10 minutes, flipping over halfway through cooking so both sides brown and crisp nicely. Serve on a platter with guacamole, salsa, and/or sour cream on the side for dipping. Make the dipping sauce and serve it in a decorative serving bowl on the side.

Source : allrecipes