

# Kale Caesar Salad with Grilled Chicken Wrap



## Ingredients

- -8 ounces grilled chicken, thinly sliced
- -6 cups curly kale, cut into bite sized pieces
- -1 cup cherry tomatoes, quartered
- -3/4 cup finely shredded Parmesan cheese
- -1/2 coddled egg (cooked about 1 minute)
- -1 clove garlic, minced
- -1/2 teaspoon Dijon mustard
- -1 teaspoon honey or agave
- -1/8 cup fresh lemon juice
- -1/8 cup olive oil
- -Kosher salt and freshly ground black pepper
- -2 Lavash flat breads or two large tortillas

## Instructions

1. In a bowl, mix together the half of a coddled egg, minced garlic, mustard, honey, lemon juice and olive oil. Whisk until you have formed a dressing. Season to taste with salt and pepper.
2. Add the kale, chicken and cherry tomatoes and toss to coat with the dressing and 1/4 cup of the shredded parmesan.
3. Spread out the two lavash flatbreads. Evenly distribute the salad over the two wraps and sprinkle each with 1/4 cup of parmesan.
4. Roll up the wraps and slice in half. Eat immediately

Preparation time: 10 minute(s)

Number of servings (yield): 2